

# PiXL Endurance



# Do you ever think...

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...I can't do this?

...this is too hard?

...I'll never be able to do X?

...I'll never be as good as X?



# Do you ever give up?

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# Mindset: why is it important?

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‘The moment we believe that success is determined by an ingrained level of ability we will be brittle in the face of adversity.’

Josh Waitzkin



# We can all grow

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<https://www.youtube.com/watch?v=Xv2ar6AKvGc>



# How do you see opportunities?

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Do you see opportunities as a way to grow?

Do you embrace opportunities and always try your best and learn from them afterwards?

Do you see opportunities as something to fear?

Do you learn from opportunities once they have passed or do you look back with negative thoughts or just relief that they are over?



# How can you change your mindset and how you approach opportunities?

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- Think about an opportunity that you currently have.
- How were you feeling about this opportunity?
- How could you change how you see this opportunity to really embrace it and use it to your advantage?



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