

Thought Power

Negative Thinking

You won't do very well at this.

Take your pen or pencil and put the point of it inside one of the "tracks" of this border.

Then time yourself as you take your pen or pencil and go completely aroind the border - coming back to where you started.

You may pass over the other track, but you are not allowed to jump onto the other track.

**Your time won't be very good.
You might even give up!**

Positive Thinking

You'll do great at this.

Take your pen or pencil and put the point of it inside one of the "tracks" of this border.

Then time yourself as you take your pen or pencil and go completely aroind the border - coming back to where you started.

You may pass over the other track, but you are not allowed to jump onto the other track.

**Your time will be excellent!
You'll feel quite successful!**