

Stronger Than Yesterday Tutoring

This is a menu of activities designed to rewire individual mindsets, allowing students to be the best version of themselves and to unlock their full potential. Activities also encourage students to nurture their inner power and confidence as building blocks to make the most of the present moment and to create to a more fulfilling life in the future. These activities can be completed in isolation or embedded within the literacy curriculum to uncover beliefs, behaviors, emotions, and patterns of thinking that could prevent success or desired achievements. These reprogramming techniques banish obstacles and replace them with behaviors and patterns of thinking that create lasting success.

Beliefs

[My Amazing Brain Grows and Changes](#)

Self-Respect Challenge

Self-Esteem Challenge

Positive Self-Talk Strategies

Building Confidence

I Am Uniquely Me

Effort and Hard Work Are the Keys to My Success

Feedback Helps Me Grow

Comparison and Competition

Mindset and Character Coaching

Behaviors

Communicating with Others

Overcoming Obstacles

My Problem-Solving Plan

Resilience Is My Superpower

Contribution Tracker

[Famous Failures Kit](#)

Lessons Learned

Healthy Habit Tracker

Mindfulness

Emotions

Emotional Freedom Technique

Overcoming Social Anxiety

Overcoming Test Anxiety

[In or Out of My Control](#)

My Strategies to Stay Calm

Coping Strategies

Stomp Out Fear

Changing My Perception

Motivation—My Drive to Succeed

Learning to Deal with My Frustrations

Finding Joy

Click on the links to see lesson sample videos within the menu!

Patterns of Thinking

Growth Mindset Challenge

Positivity Challenge

[Gratitude Challenge](#)

Setting Goals

Use "NO" as the Next Opportunity

Focus on Solutions Not Problems

I Can Make a Difference

Make Today My Masterpiece

Attitude—A Little Thing That Makes a Big Difference

Be Awesome Without Needing Approval

The Best Is Yet to Come