

Let's have a Growth Mindset!



Instead
of saying...

Try
saying...



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|--|---|---|
| I'm no good at this. | → | What am I missing? |
| I'm awesome at this! | → | I'm on the right track. |
| This is too hard. | → | This may take some time and effort. |
| Oh no! I made a mistake. | → | Mistakes help me to learn better! |
| She's so smart - I'll never be that smart. | → | I'm going to figure out how she does it so I can try! |
| It's alright. | → | Is it my best work? |
| I give up. | → | I'll try a different strategy! |