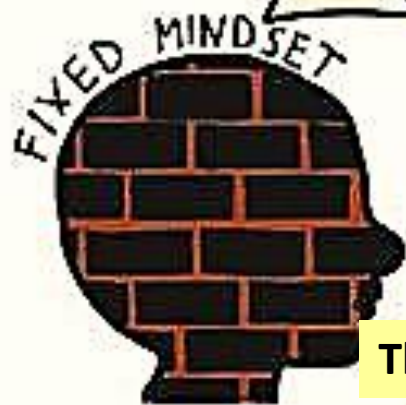


10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

This is too confusing.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I don't get how to research this.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan A didn't work.

1 Who can make it clearer?

2 I'm on the right track.

3 Can I try harder - differently?

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I don't get it yet, but who could get me started?

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 What's another way I can try?



(Original source unknown)

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