

MY GROWTH MINDSET STATEMENTS

☺ I can CHANGE my MINDSET with my WORDS! ☺



INSTEAD OF:

I CAN SAY:



- | | | |
|------------------------------------|---|---|
| I am not good at this. | ● | I am not good at this YET, but I will learn. |
| I am great at this. | ● | I practiced and learned how to do this. |
| This is too hard. | ● | This will require effort and finding the right strategy. |
| This is too easy. | ● | How can I make this more challenging? |
| I am afraid I will make a mistake. | ● | When I make a mistake, I will learn from it and get better. |
| I give up. | ● | I will succeed if I put forth effort and find a better strategy. |
| I can't do this. | ● | I need some feedback and help from others. |
| This is good enough. | ● | Is it my best work? Can I improve it? |
| I won't try because I might fail. | ● | If I fail I can try again until I succeed! |
| I am not as smart as my friend. | ● | I am in charge of how smart I am because I can grow my brain by learning hard things! |