

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!