



GROWTH MINDSET AFFIRMATIONS

1. Mistakes help me learn.
2. I can do difficult things.
3. This could take some time and that is okay.
4. Mistakes are proof that I am trying.
5. There is more than one path to get there.
6. I can focus on my progress.
7. I can ask for help when I need it.
8. I can always try a different approach.
9. I am on the right track.
10. I am brave enough to try.

@abeerattherapy

