

Growth Mindset

Instead of saying...

Try saying...

I give up.

Let me take a break. Once I am rested I can try again.

They are better at this than I am.

What can I learn from them so I can grow?

I am making way too many mistakes.

Mistakes help me grow and learn.

I can't do this.

I don't know how to do this yet.

This is way too difficult.

I can't succeed if I don't try.

Nothing that I am trying is working.

Let me try a different strategy.