












GROWTH MINDSET

CHANGE YOUR WORDS, CHANGE YOUR MINDSET

INSTEAD OF SAYING...

-  IT'S TOO HARD.
-  I GIVE UP.
-  THEY'RE BETTER AT THIS THAN I AM.
-  I'M NOT GOOD AT THIS.
-  I CAN'T DO THIS.
-  I'M SCARED TO MAKE A MISTAKE.
-  I DON'T KNOW HOW.

TRY SAYING...

-  THIS WILL GET EASIER WITH TIME & PRACTICE.
-  I'LL TRY TO DO THIS A DIFFERENT WAY.
-  HOW CAN I LEARN FROM THEM?
-  HOW CAN I LEARN TO GET BETTER AT THIS?
-  I'M LEARNING & I WILL KEEP TRYING UNTIL I CAN.
-  MISTAKES ARE PROOF THAT I'M TRYING.
-  I CAN LEARN HOW.