

10 Growth Mindset Statements



Self-talk

Instead of:

Try thinking:

I'm not good at this. ► What am I missing?

I'm not smart enough. ► What can I do to improve?

I give up. ► I'll try a new strategy.

I just can't do multiplication. ► I'm going to train my brain.

I made a big mistake. ► What can I learn from this?

He's really smart. I'll never be that smart. ► I'm going to figure out the strategies he uses.

Plan A didn't work. I'll just quit. ► Let's try Plan B-Z.

This is good enough. ► I'm going to try my best.