

# Growth Mindset Thinking

What can I say to myself?

How can I be more positive?



Instead of...	Try thinking...
I'm not good at this!	What am I missing?
I'm awesome at this!	I'm on the right track.
I give up!	
This is too hard!	
I can't make this any better.	
I just can't do math (or reading, or writing, or science...).	
I made a mistake.	
She's so smart and I'll never be that smart.	
It's good enough.	
Plan A didn't work.	