

What Can I Say to Myself?

Instead of:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do math.

I made a mistake.

She's so smart, I'll never be that smart.

It's good enough.

Plan A didn't work.

Fixed Mindset

Try Thinking:

What am I missing?

I'm on the right track!

I'll use some of the strategies we've learned.

This may take some time and effort.

I can always improve, so I'll keep trying.

I'm going to train my brain in math.

Mistakes help me to learn better.

I'm going to figure out how she does it so I can try it!

Is it really my best work?

Good thing the alphabet has 25 more letters!

Growth Mindset

