

Change Your Words

When you hear yourself say something on the left, try saying the words on the right.

INSTEAD OF SAYING	TRY SAYING
I'm not good at this.	I'm not good at this yet.
This is too hard.	This will take some effort.
I made a mistake.	Mistakes show me what to practice.
I give up.	I'll try another way.
It's good enough.	Is this my best work?
She's just smarter than me.	What can I learn from how she did it?
I don't get it.	Which part do I need help with?
I'll never be able to do this.	Every expert started where I am.

GROWTH MINDSET

**Mistakes
help me
learn.**

GROWTH MINDSET

**I can't
do it yet.**

GROWTH MINDSET

**Hard things
make my
brain
stronger.**

GROWTH MINDSET

**Every expert
was once a
beginner.**

GROWTH MINDSET

**I will try a
different
way.**

GROWTH MINDSET

**Asking for
help is a
smart move.**

GROWTH MINDSET

**Effort is
how I grow.**

GROWTH MINDSET

**I keep going
when it
gets hard.**