

Growth Mindset

Instead of saying....

1. I can't do this.
2. I give up.
3. This is hard.
4. I'm not good at this.
5. I made a mistake.

Try saying....

1. I can't do this yet.
2. This is going to take some time and effort to master it.
3. If something is hard it means I am learning.
4. What am I missing?
5. I can improve.