10 Growth Mindset Statements

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 will never be that smart.
- It's good enough.
- Plan "A" didn't work.

**TRY THINKING:**
1. What am I missing?
2. I'm on the right track.
3. I'll use some of the strategies we've learned.
4. This may take some time and effort.
5. I can always improve so I'll keep trying.
6. I'm going to train my brain in Math.
7. Mistakes help me to learn better.
8. I'm going to figure out how she does it.
9. Is it really my best work?
10. Good thing the alphabet has 25 more letters!