

The Growth Mindset: Training Your Brain

Instead of thinking or saying this...

"This is too hard."

"I just can't do Math."

"I made a mistake."

"I am great at this."

"I will never be as smart as her."

"It's good enough."

"I give up."

"I am not good at this."

"I can't make this any better."

"It didn't work."

...think or say this...

"I can do this with more time and effort."

"I am going to train my brain in Math."

"Mistakes help me learn better."

"I am on the right track."

"I will figure out how she does it."

"Is it really my best work?"

"I will keep trying until I get it."

"What am I missing?"

"I can always do better so I will keep trying."

"Now that I know one way that does not work, I'll try another way."