

GROWTH MINDSET

INSTEAD OF

SAY THIS

Mistakes make my brain weaker!

Mistakes help my brain grow stronger!

Not now... and I will never get there!

Not yet... but I will get there!

Every try proves I'm not good enough.

Every try makes me better.

My brain shrinks when I face challenges.

My brain grows when I face challenges.

I can't do it... EVER!

I can't do it... YET!

Practice = wasted time.

Practice = progress.

You can't do hard things—give up now!

You can do hard things—believe in yourself!

I quit, I avoid, I shrink.

I try, I learn, I grow.

When I fail, I'm done.

When I fail, I learn.

Challenges make us weaker, not stronger!

Challenges make us stronger, not weaker!

Every step forward is pointless—just give up!

Every step forward is progress—just keep going!

Small steps lead nowhere.

Small steps lead to big growth.