



HOW TO DEVELOP A GROWTH MINDSET

STOP SAYING/THINKING THIS

I'M NOT GOOD AT IT.

I CAN'T DO IT.

WHAT IF I MAKE A
MISTAKE?

THIS IS TOO HARD.

I DON'T KNOW HOW.

I GIVE UP.

EVERYONE IS BETTER AT
IT THAN I AM.

THINK/SAY THIS INSTEAD

WHAT CAN I LEARN TO
GET BETTER AT IT?

I'M STILL LEARNING
HOW TO DO IT.

MISTAKES ARE HOW WE
LEARN.

I'LL PRACTICE MORE
AND IT WILL GET
EASIER.

I CAN LEARN HOW.

I CAN TRY A DIFFERENT
WAY.

I CAN LEARN FROM
THEM!