



# HOW TO DEVELOP A Growth Mindset

## INSTEAD OF 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.

## SAY/THINK THIS

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!

