

Growth Mindset

REFRAME YOUR NEGATIVE THOUGHTS

FROM THIS

TO THIS

I CAN'T.



I CAN LEARN.

I DON'T KNOW.



I CAN FIND OUT.

IT'S TOO HARD.



IT'S A CHALLENGE.

I'M NOT GOOD AT IT.



I CAN GET BETTER.

I'M TOO OLD.



IT'S NEVER TOO LATE.

I'M NOT READY.



I CAN LEARN WHILE I GO.

WHAT IF I FAIL?



WHAT IF I SUCCEED?