

Growth Mindset Statements

Change your mindset by changing your words!
Success begins with believing you can!



Instead of saying...

I can't do this.

I don't understand.

I'm not good at this.

It's too hard.

I made a mistake.

I don't know how.

I give up.

I'll never be smart
enough.



Try saying...

I need help from others.

What am I missing?

I'm not good at this, YET.

This may take some time.

Mistakes help me learn.

I can ask for help.

I'll try a different strategy.

I will learn how to do
this!