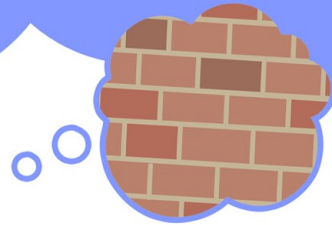


# Growth Mindset Talk

What can I say to myself?



1. I'm not good at this.....I can't do this yet.
2. I give up.....I'll use some of the strategies I have learnt.
3. It's good enough.....Is this my best work yet?
4. I made a mistake.....This was my first attempt in learning.
5. This is too hard.....If something is hard, it means I'm learning!
6. I'm really good at maths.....I understand this because I have been practising.
7. I will never be as clever as them.....I'm going to find out how they do that.
8. I can't do this.....This is going to take time and effort to master.
9. I can't make this any better.....Improvements can always be made.
10. They can't do it.....How can I help them to understand this?