



**FIXED  
MINDSET**

# What can I say to myself?



**GROWTH  
MINDSET**

## **INSTEAD OF:**

**I'm not good at this**

**I'm awesome at this**

**I give up**

**This is too hard**

**I can't make this any better**

**I just can't do math**

**I made a mistake**

**I'll never be that smart**

**It's good enough**

**Plan "A" didn't work**

## **TRY THINKING:**

**What am I missing?**

**I'm on the right track**

**I'll use some of the strategies we learned**

**This may take some time and effort**

**I can always improve so I'll keep trying**

**I'm going to train my brain in math**

**Mistakes help me to learn better**

**I'm going to figure out how others do it**

**Is it really my best work?**

**The alphabet has 25 more letters!**