

**REPLACE
(FIXED MINDSET)**



This is too Difficult.

I am no good at this subject.

I think it's good enough.

I feel terrible that I made a mistake.

I am just great at this.

I'm just not smart enough.

**REPLACE WITH
(GROWTH MINDSET)**



This may take more time and effort.

I can get a lot better at this if I try harder.

How can I make this better?

Mistakes will help me to improve.

All of my efforts are starting to pay off.

I can train my brain to learn so much.

GROWTH MINDSET STATEMENTS