



# GROW A GROWTH MINDSET!

A growth mindset is when you believe your abilities can be developed.  
Your goals are within reach with effort and perseverance.

## INSTEAD OF:

## TRY THINKING:

I can't do this.



I can't do this...yet!

This is impossible.



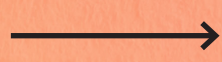
Challenges help me grow.

I made a mistake.



Mistakes allow me to learn.

I don't like hard activities.



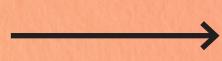
I embrace new challenges.

I give up.



I will try another approach.

It's good enough.



I can always improve.

I'll never get there.



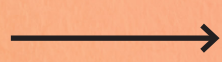
I can reach my goal with effort.

I'm just not good at this.



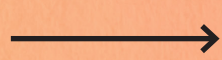
What step am I missing?

I'll never be as smart as others.



I can get there with practice.

I failed because I'm useless.



Failure is normal!

