

Can I Change My Mindset?

Instead of..

Try thinking..

I'm not good at this.

What am I missing?

I'm awesome at this.

I'm on the right track!

I give up.

I'll use some of the strategies we've learned.

This is too hard.

This may take some time and effort.

I can't make this any better.

I can always improve, so I'll keep trying.

I just can't do math.

I'm going to train my brain in Math.

I made a mistake.

Mistakes help me to learn better.

She's so smart. I will never be that smart.

I'm going to figure out how she does it so I can try it!

It's good enough.

Is it really my best work?

Plan A didn't work.

Good thing the alphabet has 25 more letters!

PoPsy

Practical Positive Psychology

