

WHAT CAN I SAY TO MYSELF?

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 CAN'T DO MATH
- I MADE A MISTAKE
- I'LL NEVER BE AS SMART AS HER
- IT'S GOOD ENOUGH

TRY THINKING...

- WHAT AM I MISSING?
- I'M ON THE RIGHT TRACK
- I'LL USE SOME OF THE STRATEGIES I'VE LEARNED
- THIS MAY TAKE SOME TIME AND EFFORT
- I CAN ALWAYS IMPROVE; I'LL KEEP TRYING
- I'M GOING TO TRAIN MY BRAIN IN MATH
- MISTAKES HELP ME IMPROVE
- I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT
- IS THIS REALLY MY BEST WORK?

Fixed Mindset Intelligence and talent are fixed and you are born with all you get!	Your Situation	Growth Mindset Intelligence and talents can be changed by work and effort.
To look smart or talented in every situation. To never fail.	What you desire?	To stretch and grow. To try things and take risks because you can learn.
Will you fail or succeed at this event or task? Will this event or task make you look smart or dumb? Afraid to fail.	Your evaluation of the possible task or event	Will this event help you learn and grow? Will it challenge you? Not afraid to fail
Avoid challenges because you could fail. You fear challenges.	How you face challenges?	Embrace challenges because they offer the opportunity to grow. You love challenges!
Give up easily and blame someone or something.	How you face external obstacles?	Persist despite the existence of obstacles
Why bother? It can't change anything. Effort means you lack talent.	How you see effort and work?	Fantastic. Any growth requires effort and work. Effort is the path to success.
Ignore criticism. Become defensive. How can you hide the criticism?	How you take feedback/criticism?	Interested. You want to learn from criticism. How can this help you grow and learn?
Threatened and fearful. If someone else succeeds then they might be viewed as more talented than you.	How do you feel about other people's success	Happy. Other people's success means that you can learn from them. You are inspired!
Impede cooperation and teamwork, feedback and growth	Effect on Others	Invite cooperation and teamwork, feedback and growth
Fixed mindset people tend to plateau and achieve less than their full potential	End Result	Growth Mindset people tend to keep growing and reach higher and higher levels of achievement.