**Change Your Words to Change Your Mindset**

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| I'm not good at this. | I'm not good at this YET! |
| This is too hard. | This may take some time and effort. |
| I'm awesome at this! | I'm on the right track. |
| I give up. | I'll try some of the other strategies I've learned. |
| It's good enough. | Is this really my best work? |
| I'll never be as smart as her. | I'm going to figure out what she does and try it. |
| I made a mistake. | Mistakes help me improve. |
| I can't do math. | I'm going to train my brain in math. |
| I can't make this any better. | I can always improve! I'll keep trying. |
| I don't understand. | What am I missing? |
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