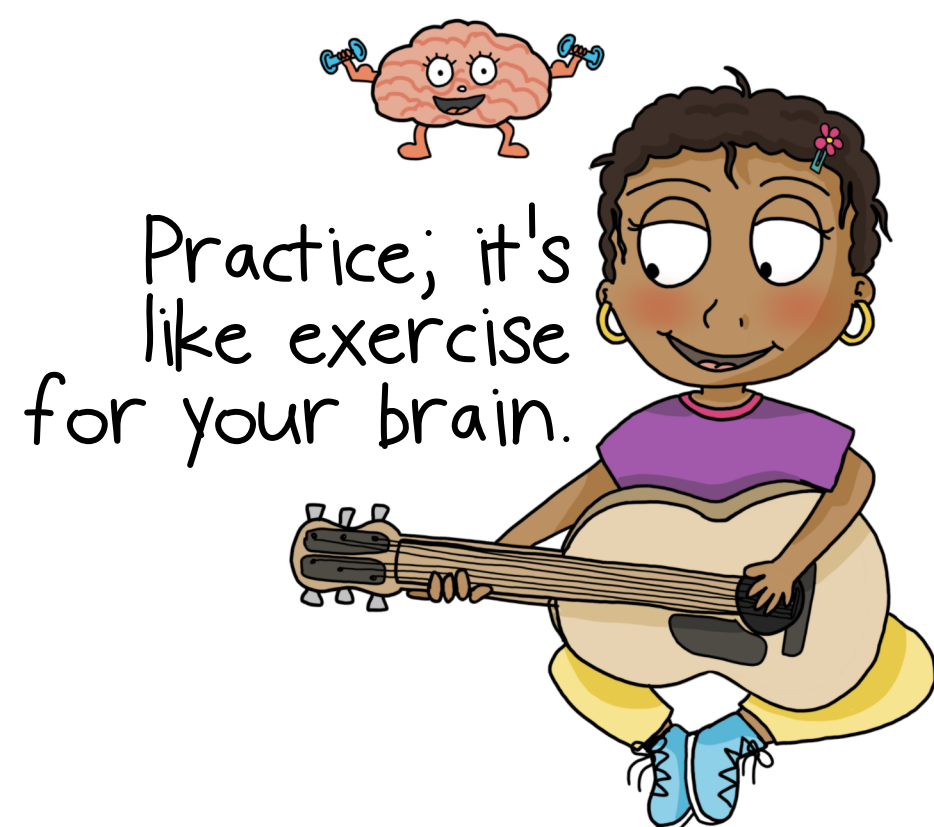


Instead of saying,
"I'm not good at this,"
ask, "What am I missing?"



Practice; it's
like exercise
for your brain.

Use your creativity and
think outside the box!



Set goals that
are specific
and doable.

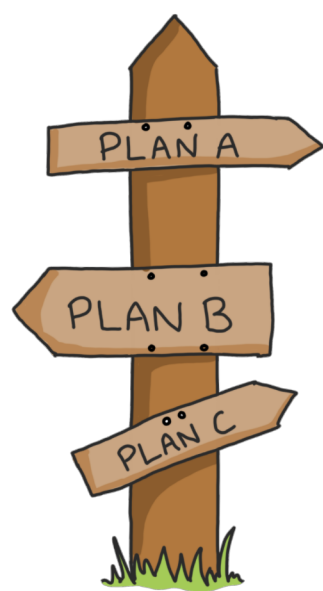
Look for
ways to
improve.



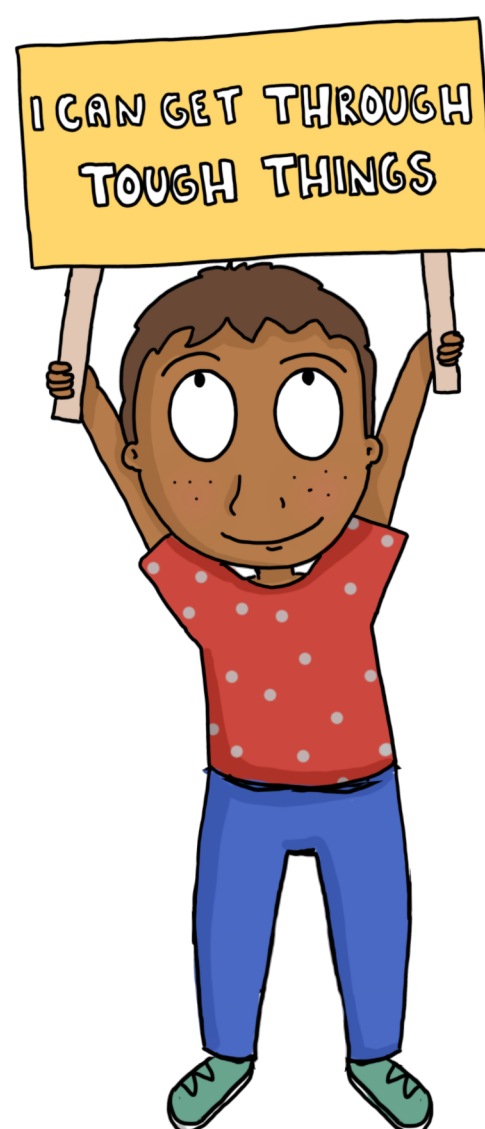
Focus on
your effort,
not on the
end result.

WAYS TO BUILD A GROWTH MINDSET

Try a different
strategy if the first
one isn't working.



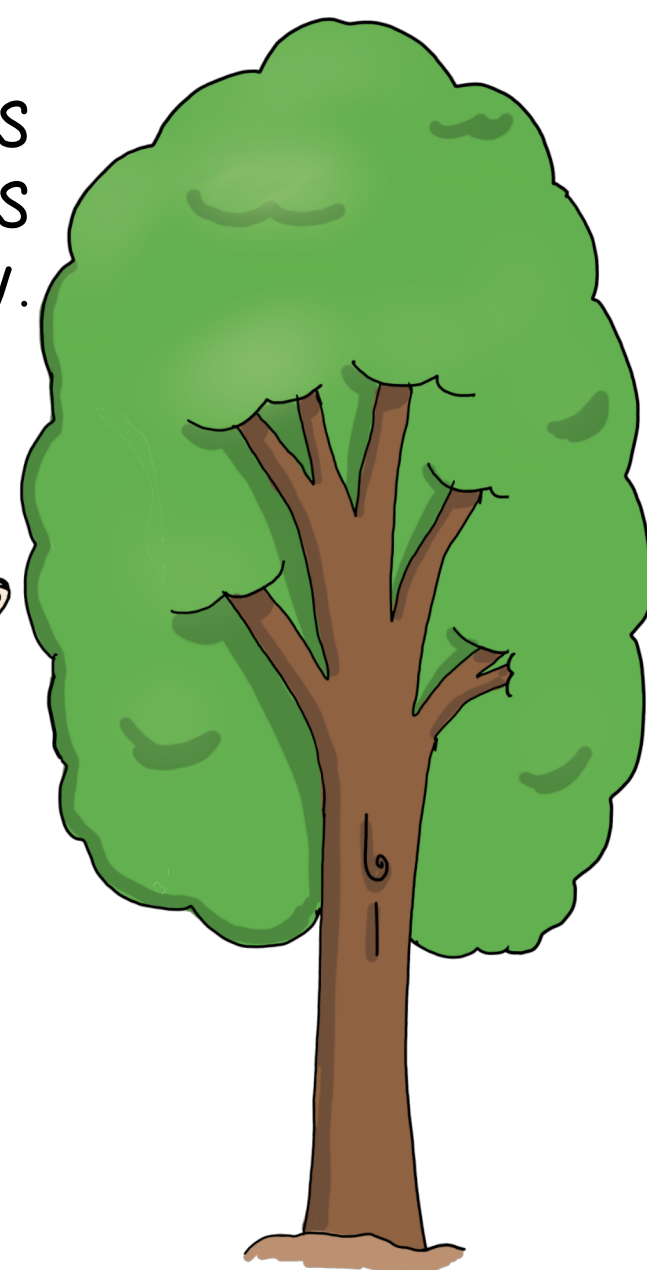
Learn from
your mistakes.



Add "YET"
to the end of
"I can't..."
sentences.



View challenges
as opportunities
to grow.



Persist and
don't give up.

Use positive
self-talk to remind
yourself you can do
hard things.

