

GROWTH MINDSET



FIXED MINDSET

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I'm not good at this

I'm still learning. I'll keep trying!

I give up

I'll try another way or ask for help

This is too hard

With more practice it will get easier!

I can't change how smart I am

I can train my brain & use new ways to learn

I don't need to practice

I can work hard to get even better!

I'll never be good at this

I will keep trying

I made a mistake!

Mistakes are learning opportunities

I avoid things that require effort

I want to be challenged

