



What kind of mindset do you have?

- Aspiration
- Achievement
- Respect



I'm either good at it, or I'm not.

When I'm frustrated, I give up.

I don't like to be challenged.

When I fail, I'm no good.

Tell me I'm smart.

If you succeed, I feel threatened.

My abilities determine everything.



I can learn anything I want to.

When I'm frustrated, I persevere.

I want to challenge myself.

When I fail, I learn.

Tell me I try hard.

If you succeed, I'm inspired.

My effort and attitude determine everything.

Growth Mindset

INSTEAD OF...

I'm not good at this

I give up

It's good enough

I can't make this any better

This is too hard

I made a mistake

I just can't do this

I'll never be that smart

Plan A didn't work

My friend can do it

TRY THINKING...

What am I missing?

I'll use a different strategy

Is this really my best work?

I can always improve

This may take some time

Mistakes help me to learn

I am going to train my brain

I will learn how to do this

There's always Plan B

I will learn from them