

Growth

Mindset

POSTERS

By Heidi Butkus

©2016 Heidi Butkus www.heidisongs.com

Instead of:

**“I’m not good at
this!”**

Say:

**“What am I
missing?”**

Instead of:

**“I’m awesome at
this!”**

Say:

**“I’m on the right
track.”**

Instead of:

“I give up!”

Say:

**“I’ll try a different
strategy.”**

Instead of:

“This is too hard.”

Say:

**“This may take
some time
and effort.”**

Instead of:

**“I can’t make this
any better.”**

Say:

**“I can always
improve if I try.”**

Instead of:

**“I’m no good at
math.”**

Say:

**“I’m going to train
my brain in math.”**

Instead of:

**“I messed up
AGAIN.”**

Say:

**“Mistakes help me
learn.”**

Instead of:

“I HATE this!”

Say:

**“If I try, I can do
it and then it will
be more fun.”**

Instead of:

**“I’ll never be as
smart as her.”**

Say:

**“I’ll try to do what
she does.”**

Instead of:

**“This is good
enough.”**

Say:

**“Is this my best
work?”**

Instead of:

“I’ll just lie about
doing my reading..”

Say:

“Every time I read
it gets easier.”