

FREEDOM

REWIRING THOUGHT PATTERNS

10 Growth Mindset Statements

FIXED MINDSET **GROWTH MINDSET**

What can I say to myself?

INSTEAD OF: **TRY THINKING:**

I'm not good at this. **1** What am I missing?
I'm awesome at this. **2** I'm on the right track.
I give up. **3** I'll use some of the strategies we've learned.
This is too hard. **4** This may take some time and effort.
I can't make this any better. **5** I can always improve so I'll keep trying.
I just can't do Math. **6** I'm going to train my brain in Math.
I made a mistake. **7** Mistakes help me to learn better.
She's so smart. I will never be that smart. **8** I'm going to figure out how she does it.
It's good enough. **9** Is it really my best work?
Plan "A" didn't work. **10** Good thing the alphabet has 25 more letters!

(Original source unknown) @sylviaaduckworth

List some examples of the inner critic that limits you and then replace with an empowering belief

FIXED MINDSET

GROWTH MINDSET

1.



2.



3.



FREEDOM

FACE THE FEAR

If my biggest fear happens, I will...



Then I will...



Then I will...



Then I will...



Then I will...

