

# Develop a Growth Mindset

## FIXED 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

## THINK ABOUT IT:



- How could you positively respond to three of the above statements?
  
- How do you overcome a situation when you think it is too hard to continue?