TODAY IS ANOTHER CHANCE TO BE BETTER
CHANGE YOUR WORDS
CHANGE YOUR MINDSET
CHALLENGES ARE AN OPPORTUNITY TO GROW
EVERYONE HAS A CHANCE TO MAKE A DIFFERENCE
PRACTICE IS THE BEST WAY TO GET BETTER
LITTLE THINGS MAKE BIG DAYS
I CAN ACCOMPLISH ANYTHING IF I DON'T GIVE UP
ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY
Growth Mindset

Instead of:  
This is the best I can do.  
This is too difficult.  
I don’t know how.  
It’s too hard.  
I give up.  
They are better at it than I am.  
I’m afraid of making a mistake.  
I don’t understand.  
I’m not smart enough.  
I don’t have time.

Say this:  
I can keep improving.  
Challenges help me grow.  
I can learn now!  
With more practice, it will get easier!  
I’ll try a different way!  
What can I learn from them?  
Mistakes are how I learn & get better.  
I can keep learning.  
I’ll give it my best effort.  
I can find the time.

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