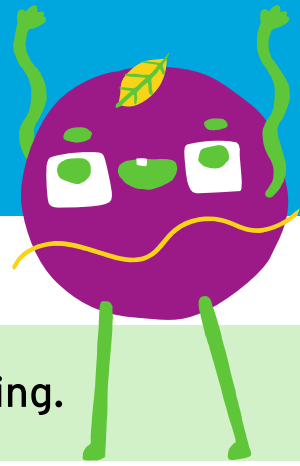


You can do hard things!

GROWTH MIND SET

Growth mindset is the belief that abilities and intelligence can change and grow. It promotes a desire to learn, allows us to embrace challenges, helps us persist following failure, and encourages us to keep learning.



Instead of Thinking...

Think this!

I can't do it.



I'll keep trying.

I'm not good at this.



I can learn to get better.

It's too hard.



With practice, it will get easier.

I'm afraid to make a mistake.



Mistakes are how I learn to get better.

They are better at this than me.



I can learn from others.

I don't know how.



I can learn how.

I can't make this any better.



I can always find ways to improve.

I give up.



I will try a different way.