



Your Mindset Matters

Shift Your Thinking with Growth Mindset Affirmations

INSTEAD OF ...

SAY ...

I'm not a math person. . . . Everyone can be a math person with practice.

I can't do this. . . . I'm still learning and I will keep on trying.

I don't know how to do this. . . . I will learn how to.

Math is too hard. . . . With more practice, math will get easier.

I'm not good at math. . . . What can I do to get better at math?

I'm afraid of making a mistake in math. . . . Mistakes are how I learn and help me get better at math.

I give up. . . . I'll try a different strategy to solve this.

