

| INSTEAD OF... | TRY THINKING... |
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| I'm not good at this. | What am I missing? |
| I give up. | I'll use a different strategy. |
| It's good enough. | Is this really my best work? |
| I can't make this any better. | I can always improve. |
| This is too hard. | This is a challenge. |
| Ugh! I made a mistake! | Mistakes help me learn. |
| I just can't do this. | Just not YET! I am going to train my brain. |
| I'll never be that smart. | I will learn how to do this. |
| Plan A didn't work. | There's always plan B and C and D.... |
| My friend can do it. | I will learn from them. |