## What Can I Say to Myself?

INSTEAD OF:	TRY THINKING:
I'm not good at this	What am I missing ?
I'm awesome at this	I'm on the right track!
I give up!	I'll use some of the strategies we have learned
This is too hard!	This may take some time and effort.
I can't make this any better.	I can always improve so I keep trying.
I just can't do math.	I going to train my brain in math so it gets easier for me.
I made a mistake.	Mistakes help me to learn better.
He /She's so smart. I will never be smart.	I'm going to figure out how he/she does it, so I can try it with bit more effort!
It's good enough.	Is it really my best work ?
Plan A didn't work.	Good thing - the alphabet has 25 more letters!

## What can I say to Myself?

INSTEAD OF	<u>TRY THINKING</u>
I'm not good at this.	Mhat SIm I Missing?
I'm awesome at this.	<ul> <li>the laughter</li> <li>the memories</li> <li>the pain</li> <li>the happiness</li> </ul>
I give up now.	STRATEGIC PLAN ITS CALLED DOING- THINGS.
This is too hard.	₩ TIME ≠ EFFORT EFFORT ≠ TIME
I can't make this any better.	ALWAYS BE A FIRST RATE VERSION OF YOURSELF INSTEAD OF A SECOND-RATE VERSION OF SOMEBOBY ELSE
I just can't do this topic.	Memory Speed Creativity Creativity
I made a mistake.	Let Me Learn From My Mistakes
He /She's so smart. I will never be smart.	NORE EFFOR
It's good enough.	Good ULike A+ Doing
Plan A didn't work.	