

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

TRY THINKING

I'm not good at this.



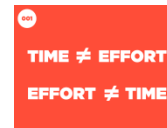
I'm awesome at this.



I give up now.



This is too hard.



I can't make this any better.



I just can't do this topic.



I made a mistake.



He /She's so smart. I will never be smart.



It's good enough.



Plan A didn't work.

