

Growth mindset

"Failure is an opportunity to grow"

"I can learn to do anything I want"

"Feedback is constructive"

GROWTH MINDSET

"I like to try new things"

"Challenges help me to grow"

"I am inspired by the success of others"

"My effort and attitude determine my abilities"

"I can either do it or I can't"

"I don't like to be challenged"

"Feedback & criticism are personal"

FIXED MINDSET

"Failure is the limits of my abilities"

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I stick to what I know"

"When I'm frustrated, I give up"

