

CHANGE YOUR MINDSET

change your life

INSTEAD OF: SAY THIS:

I can't do this

I will keep trying

I am afraid of making a mistake

Mistakes help me learn and improve

I don't know how

I can learn how

This is too hard

With more practice it will get easier

I am not good at this

How can I get better?

They are better at it than I am

I give up

I will try a different way

What can I learn from them?