



# What I Can Say Instead

Instead of saying...	Try saying...
I can't do this.	<i>Example:</i> I need help understanding this.
This is too hard.	<i>Example:</i> It'll take me some time to get this.
I give up.	
I tried and it didn't work.	
It's good enough.	
I'm just not good at this.	
I'm just not going to get this.	
It's not going to work anyway.	
I'll never be as smart as my friend.	
This is as good as it's going to get.	
<i>Add other fixed mindset phrases you use.</i>	