

# Fixed Mindset vs. Growth Mindset

## Fixed Mindset

I'm not good at this...

I give up...

It's good enough...

I made a mistake...

This is too hard...

I am really good at this...

I will never be as good as them...

I can't do this...

I can't make it any better...

My friend is stuck...

## Growth Mindset

I can't do this yet.

I will try another way of doing it.

This was my first try!

I'm enjoying my learning challenge.

I am good because I practice.

I can find out how they got so good.

This will take me some time.

I can make this even better.

I can always improve on something.

How can I help them?

