

"How can I improve?" Let me try a different way." •--"Mistakes are part of learning." •-Have I done my best work? "Learning takes time." •---"How can we learn from one another?" "I like a challenge." •--My effort and attitude are everything.

Instead of...

"I'm no good at this."

Instead of...

"I give up."

Instead of...

"I failed."

Instead of...

"I'm all done."

Instead of...

"This is too hard."

Instead of...

"He/she is smarter than me."

Instead of...

"I'll stick with what I know."

Instead of...

"My abilities determine everything."