

What are we really saying?

When we stay in a fixed mindset and say things like, "I can't do it..." What are we saying?
Your brain doesn't grow?
Nothing changes?
Improvement is impossible?
You are already the best you will ever be?!
If we believe in 'I can't do this...' then we're never going to do anything!

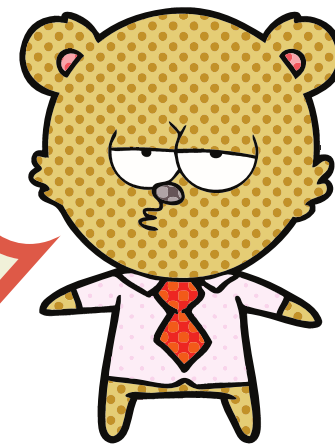


Your Brain is like a muscle, it gets stronger through exercise!

Learning something new is like walking a path for the first time. Sometimes we have to walk where nobody has been, and it's difficult. The more times we walk that path the easier it gets, just like the more we try and practise the better we get!



I'm never going to get this...



This just isn't for me



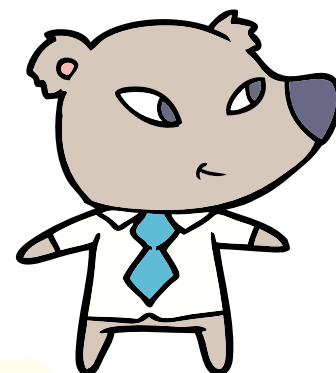
This is too hard



I'll get better with a bit more work



It's tricky but I know I can get there



I don't understand it -yet!



Let's try to say...

I can do this but it might take some time.
I don't understand it yet but I'll work it out.
Some things just take a little longer than others.
Maybe I could use a little help with this?
What am I missing here?
Good, I got something wrong, now I know that doesn't work.
This will get easier if I do it a few more times.
I'm pretty sure I can do better than this!

If something is tough then you're working much harder which means you're getting smarter!

Do you have a Growth Mindset?