



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

THE POWER OF YET!



I have a **GROWTH MINDSET.**

I am in charge of how smart I am because

I can **GROW** my **BRAIN**

like a muscle by learning hard things.

I can achieve

ANYTHING

with **EFFORT** and

RIGHT STRATEGIES.

And even if I fail or make a mistake,

it is a **GREAT** thing, because

I can **LEARN** from them and

I GET BETTER!

Big Life Journal
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10 Growth Mindset Praises for Teachers to Give Students



The Golden Rule for Praise:

Praise Effort or Process **NOT** Ability or Trait

Instead of saying "You are so smart", try saying:

"I'm proud of you for giving it your best effort."

"I'm happy you figured that out for yourself!"

"You never gave up, even when it was hard."

"You have such a positive attitude!"

"What a creative solution to that problem!"

"Your hard work has really paid off!"

"You showed great perseverance reaching your goal."

"I like the way you tried different strategies to figure that out."

"I admire you for trying so hard."

"You are not afraid of a challenge: I like that!"

@sylviaduckworth

10 What Questions

to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?