

Phrases to encourage a Growth Mindset:

FIXED MINDSET

Instead of saying...

You're smart

You are quick

You're very clever

You are so intelligent

You are the best

You are better than

_____. (another person)



GROWTH MINDSET

Try saying...

You can grow your intelligence

Keep trying and you'll get there!

You can learn anything you put your mind to.

Wow that was hard. How can we make this easier?

