



MINDFUL
LIFE™

Developing a Growth Mindset

INSTEAD OF...	TRY....
I'm bad at this	What am I missing?
I give up	I'll try a different strategy
This is good enough	Is this my best work?
This is too hard	This may take some time
I got it wrong	I learn from mistakes
I'll never be that smart	I can train my brain
I don't get it	I don't get it <u>yet</u>