**GROWTH MINDSET: WHAT TO SAY TO ENCOURAGE YOURSELF**

“When I learn how to do a new kind of problem, it grows my maths brain!”

“If I catch myself saying, ‘I’m not a maths person’, I’ll add the word ‘yet’ to the end of the sentence.”

“That feeling of maths being hard is the feeling of my brain growing.”

“The point isn’t to get it all right away. The point is to grow my understanding step by step. What can I try next?”

**FIXED MINDSET: WHAT NOT TO SAY**

“Not everybody is good at maths. I will just do my best.”

“That’s okay, maybe maths is just not one of my strengths.”

“I’ll get it if I just keep trying.”\*

\* If you’re using the wrong strategies, your efforts might not work. Yes, keep trying; but try something **different**.

“At least I tried.”\*

\* Don’t accept less than optimal performance from yourself. If you **can** do better, do better!

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