Your brain is like a muscle. When you learn, your brain grows. The feeling of it being hard is the feeling of your brain growing!

**PRAISE**

FOR
- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RISING TO A CHALLENGE
- LEARNING FROM A MISTAKE

**NOT FOR**
- TALENT
- BEING SMART
- BORN GIFTED
- FIXED ABILITIES
- NOT MAKING MISTAKES

**THE POWER OF “YET”**

SAY
- “YOU CAN’ T DO IT YET.”
- “YOU DON’T KNOW IT YET.”
- “IF YOU LEARN AND PRACTICE, YOU WILL!”

**RECOGNIZE YOUR OWN MINDSET**

BE MINDFUL OF YOUR OWN THINKING AND THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

**ASK**

- “WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?”
- “WHAT NEW STRATEGIES DID YOU TRY?”
- “WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?”
- “WHAT DID YOU TRY THAT WAS HARD TODAY?”

**FAILURES AND MISTAKES = LEARNING**

**GROWTH MINDSET**
- I CAN DEVELOP
- MY INTELLIGENCE,
- TALENTS, AND ABILITIES
- “MISTAKES HELP YOU IMPROVE.”
- “YOU CAN LEARN FROM YOUR MISTAKES.”
- “LET’S SEE WHAT OTHER STRATEGIES YOU CAN TRY.”

**FIXED MINDSET**
- MY INTELLIGENCE,
- TALENTS, AND ABILITIES
- are FIXED.