

Change your mindset

Change your words

Instead of:

I'm not good at this

I give up

**I'll never understand
this**

I don't know

**I always mess things
up**

It's easier for them

Say:

I can learn from them

**I'm still learning how
to do this**

**Mistakes help me
learn**

But I'm great at this

**Let me try a different
way**

**I just don't
understand this yet**