

Instead of saying

I'm rubbish at this.

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Try thinking

What can I do  
to improve?

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Instead of saying

This will do.

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Try thinking

Is this my  
best work?

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Instead of saying

I'll never do it!  
It's too hard!

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Try thinking

This may take some  
time and effort.

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Instead of saying

I just can't do this.

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Try thinking

I am going to try a  
different strategy.

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Instead of saying

I'm not clever  
enough to do this.

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Try thinking

I will learn how  
to do this.

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Instead of saying

How come my  
friend can do it?

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Try thinking

I will learn  
from them.

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Instead of saying

I made a mistake.

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Try thinking

Mistakes help me to  
learn and improve.

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Instead of saying

I can't make  
this any better.

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Try thinking

I can always  
improve my work.

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Instead of saying

I'll never be as smart as my friend.

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Try thinking

I'm going to work out how they do it.

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Instead of saying

Plan A didn't work.

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Try thinking

Now to try Plan B.

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