Instead of saying	Try thinking
I'm rubbish at this.	What can I do to improve?
This will do.	Is this my best work?
I'll never do it! It's too hard!	This may take some time and effort.
I just can't do this.	I am going to try a different strategy.

Instead of saying	Try thinking
I'm not clever enough to do this.	I will learn how to do this.
How come my friend can do it?	I will learn from them.
I made a mistake.	Mistakes help me to learn and improve.
I can't make this any better.	I can always improve my work.

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Instead of saying	Try thinking
I'll never be as smart as my friend.	I'm going to work out how they do it.
Plan A didn't work.	Now to try Plan B.