

What Can I Say To Myself?

Instead of...

• I'm not good at this.

• I'm awesome at this.

• I give up.

• This is too hard.

• I can't make this any better.

• I just can't do math.

• I made a mistake.

• She's so smart. I will never be that smart.

• It's good enough.

• Plan A didn't work.

Try thinking...

• What am I missing?

• I'm on the right track!

• I'll use some of the strategies we've learned.

• This may take some time and effort.

• I can always improve, so I'll keep trying.

• I'm going to train my brain in Math.

• Mistakes help me to learn better.

• I'm going to figure out how she does it so I can try it!

• Is it really my best work?

• Good thing the alphabet has 25 more letters!