


GROWTH

Mindset Statements

<p>I can try new things, even if I feel nervous.</p>	<p>I can calm myself when I start to worry.</p>	<p>I can make friends by being kind and open.</p>	<p>I can speak up and share my ideas.</p>
<p>I can keep learning and growing every day.</p>		<p>I can take small steps to reach big goals.</p>	
<p>I can cheer myself on with kind words.</p>		<p>I can find something good, even in hard times.</p>	
<p>I can take a break and then try again.</p>	<p>I can be proud of myself for trying.</p>	<p>I can try again after I make a mistake.</p>	<p>I can ask questions when I want to understand.</p>