

## ~~Growth Mindset~~

**Change Your word, Change your mindset.**

- 1) I don' t understand. → **What am I missing?**
- 2) I give up. → **I'll use some of the strategies I've learned.**
- 3) I made a mistake. → **Mistakes help me improve.**
- 4) This is too hard. → **This may take some time and effort.**
- 5) It's good enough. → **Is this really my best work?**
- 6) I'll never be as smart as her. → **I'm going to figure out what she does and try it.**
- 7) I can't make this any better. → **I can always improve. I'll keep trying!**
- 8) I can't read. → **I'm going to train my brain in reading.**
- 9) I'm not good at this. → **I'm on the right track.**

## ~~成长型思维~~

### 换个说法，换个思维

- 1) 我就是不懂。→我忽略了什么吗？
- 2) 我放弃了。→我得试试我学过的（别的）方法。
- 3) 我犯错误了。→犯错能让我变得更好。
- 4) 这太难了。→我可能需要更多的时间和精力（才能搞定）。
- 5) 已经挺好的了。→这真的是我的最好成绩吗？
- 6) 我不可能像她一样聪明。→她是怎么做的，我也要试试看。
- 7) 我不能做得更好了。→我还能做得更好，我要继续试试！
- 8) 我阅读不太好。→我要训练我的阅读能力。
- 9) 我不擅长这个。→我正在提升自己。

《美国教育界的思维模式》