Mindset – a key to thriving

Struggle is part of learning. Mistakes help me learn. Feedback is valuable. I practice to improve People can change. Is this my best work? Intelligence and ability can be developed.

I can improve my writing.

A challenging assignment is an opportunity to grow.

I can improve my critical reading skills.

That grade proves I need to improve.

When I complete my work in haste, I am not doing my best.

Hasty completion of work – it's just what I do.

That grade proves I am a failure.

I just want a good grade; I don't like challenges.

If I don't submit my work, I can't fail.

I just can't seem to read effectively.

I suck at writing. I will never be that smart. I should avoid mistakes. I give up. This is good enough. People don't change. I know best. Intelligence and ability are fixed.