

Resource 2. Growth Mindset statements (negative)

I can't do this, it is too hard	I know I got it wrong, I don't need you to tell me
This is difficult, so I'm really in trouble now	I did ok, why are you picking on me ?
What if I fail ? People might laugh at me	It's not my fault. It was something or someone else's fault.
If I don't try, I can't fail. That way I don't lose face	If I was any good at this, I would be able to do it easily. Pity that I'm rubbish at it.
It is not working as I expected, I might as well give up	I've messed up, so I might as well stop now before anyone notices

Resource 3. Growth Mindset statements (Positive)

This is tough and I can't do this – yet.	Being good at something requires effort. How many really talented people did it without hours and hours of effort?
Great, this is difficult - I'm going to learn something new.	Who cares what others think. I may have messed up, but I'm still going to give it another go.
Most successful people had failures along the way.	I did not succeed this time, but with your help maybe I will next time.
If I don't try, I automatically fail. What's the point in that?	It was not as good as it could have been, and your advice will help me do it better next time.
My plan is not working, so I will try another way.	If I don't take responsibility, I can't fix it. Let me listen - however painful it is - and learn whatever I can.