

What Can I Say To Myself?

Self-talk is the constant stream of conversation you have with yourself. It includes the statements you say to yourself like “I’m really good at sports” or “I’m just bad at Chemistry.” Self-talk can have a huge influence on your self-esteem and confidence. There is positive and negative self-talk and they both have an impact on how you feel and how you think. Learning to control your self-talk can help you develop a growth mindset.

For each of the fixed mindset, self-talk statements below write a new, helpful statement that will support a growth-mindset perspective. The first few are done for you as examples.

Instead of Saying...	I can say...
I'm not good at this.	<i>I'm going to train myself to do this.</i>
I will never do it like they do.	<i>What can I learn from them?</i>
I'm awesome at this.	<i>I've worked hard to learn this.</i>
This is too hard.	
I'll never get this.	
I messed this up again.	
I'm not good at math.	
I can't make this any better.	
I'm the smartest person in my class.	
I can't make any mistakes.	
It's not fair that they all get it and I don't.	
They were just born really good at this.	
I'm only going to take classes that I know I will get an A in.	
I'm not going to ask questions in class because I don't want to look dumb.	
Why bother? It's not going to change anything?	
The professor thinks I'm an idiot.	
I'm a failure because my IQ isn't high enough. You can't change IQ.	
My plans are all messed up.	

They are all just naturally good at this. I don't know why I don't get it.	
I'm the best writer.	
There is no point putting in all of this time and effort.	
The professor is trying trick us.	
I am so lost, I have no idea what to say.	
My answer is fine the way it is.	