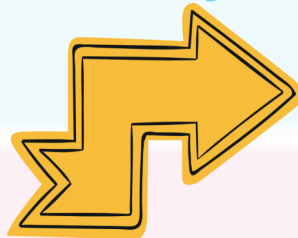
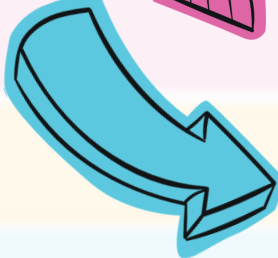
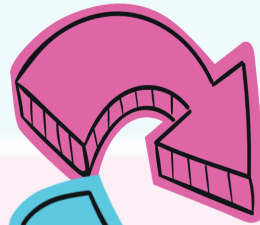


FLIP YOUR INNER VOICE

FIXED MINDSET

- “I’m not doing that, it looks too hard and I don’t know how.”
- “I’ve had enough, this is too hard.”
- “I’m really good at this, I’m going to look great.”
- “I don’t want to know what you think, it makes me feel stupid.”
- “Look at her showing off, she thinks she’s amazing.”
- “I was rubbish at that, I don’t have the talent. I don’t want to try that again.”
- “That was a fluke, I’ll never do it again.”
- “I really want to have a go, but I know I won’t be good at it and I’ll look stupid.”
- “It’s not my fault, it was someone else’s responsibility .”
- “Everyone else is doing it.”



GROWTH MINDSET

- “That looks hard, but I can find out how to do it and give it a go.”
- “Ok, so this isn’t working ... what else could I try?”
- “I wonder how good I could get at this if I keep at it?”
- “I could really use that feedback to get better next time.”
- That’s really cool! I’m going to ask her to show me how to do it.
- I’m not sure I can do this right now, but I’ll give it a go.”
- “Wow, I did it! I wonder if I could do it again, or even do it better.”
- I’m up for it! It’ll be a laugh trying and I’ll have a good time.
- If I don’t take responsibility I’ll never fix it. I need to step up and get on with it.
- “I’m not a passenger in someone else’s life, I can think for myself and make the choice better for myself.”