

WHAT CAN I SAY TO MYSELF?

INSTEAD OF...

TRY THINKING...

I'm not good at this

What am I missing?

I'm awesome at this

I'm on the right track

I give up!

I'll use some of the strategies I've learned

This is too hard

This may take some time and effort

I can't make this any better

I can always improve; I'll keep trying

I can't do maths

I'm going to train my brain in maths

I made a mistake

Mistakes help me improve

I'll never be as smart as her

I'm going to figure out what she does and try it

It's good enough

Is this really my best work?