

Instead of: I'm not good at this	<p>How can I start? What am I missing? What part of this CAN I do? Is there someone who can help me?</p>
I'm awesome at this....	<p>How can I make this more challenging/interesting/compelling? What part of this do I need to become stronger at? How could I relate this to something that is harder for me? I'm on the right track</p>
I give up	<p>This is frustrating me; who can help me with this? What part can I do? I'll use some of the strategies I've learned. What strategies have I learned that I could use?</p>
I can't make this any better	<p>I can always improve; I'll keep trying What would my best work look like? Is there a rubric/checklist/example that I can check? I can set this aside and come back to it when I'm less frustrated.</p>
This is too hard	<p>This may take some time and effort How can I break this into manageable pieces? How can I get started? What strategies have I learned that I could use? Is there a friend or resource that can help me with this?</p>
I can't do math (...or.....)	<p>I'm going to train my brain to think (in this domain) I can't do _____ yet This is difficult, but I can get help with this This is difficult, but I am going to give it a try How can I break this down into simpler parts? What strategies do I know that can help me here?</p>
This is easy	<p>What do I need to learn next? How can I make this more interesting? I know how to do this – maybe I can share my strategies with someone else? Have I checked the directions that I have all the parts that I need to include? This hasn't always been easy....this used to be difficult for me.</p>
I don't want to do it; I might make a mistake	<p>I can only learn from making mistakes Mistakes help me improve I feel safe making a mistake Mistakes mean that I am trying/taking a risk I am a risk-taker!</p>
It's good enough	<p>But is this the best I can do? Am I proud of this work? Does this work show all that I know? How will I feel if I make it better? (How will I feel if I don't)</p>
I'll never be as smart as her/him	<p>I have many strengths We all have different talents and strengths I am going to focus and watch what she/he does So what if I'm not? We all can grow. My intelligence is NOT fixed Comparisons are almost always flawed and filled with false assumptions Comparisons will not help me grow through effort What strategies do I see him/her using?</p>