



# GABBY'S CHANGE YOUR MIND SET CHART

## NEGATIVE MINDSET

✗ THIS IS TOO HARD, I GIVE UP

✗ I MADE A MISTAKE

✗ I DON'T KNOW HOW

✗ THIS ISN'T WORKING

✗ I'M NOT GOOD ENOUGH

## GROWTH MINDSET

✓ I WILL PERSEVERE & KEEP TRYING

✓ MISTAKES HELP ME GROW

✓ I CAN LEARN HOW & IMPROVE

✓ I'LL TRY A DIFFERENT WAY

✓ I WILL PUT IN MY BEST EFFORT





# GABBY'S CHANGE YOUR MIND SET CHART

## NEGATIVE MINDSET

✗ THIS IS TOO HARD, I GIVE UP

✗ I MADE A MISTAKE

✗ I DON'T KNOW HOW

✗ THIS ISN'T WORKING

✗ I'M NOT GOOD ENOUGH

## GROWTH MINDSET

✓ I WILL PERSEVERE & KEEP TRYING

✓ MISTAKES HELP ME GROW

✓ I CAN LEARN HOW & IMPROVE

✓ I'LL TRY A DIFFERENT WAY

✓ I WILL PUT IN MY BEST EFFORT

