

**LESSON HANDOUT****Fixed to Growth**

*Change each fixed mindset sentence to a growth mindset sentence.*

**FIXED MINDSET**

I cannot do multiplication.

**GROWTH MINDSET**

If I practice math, I will get better!

I cannot do it.

That is just who I am. I will never be able to draw.

This project is too hard.

I will never figure out this problem.

I am so frustrated.

I do not want to play lacrosse. I have never done it.

I quit. I keep making mistakes.

The teacher gave me a lot of corrections on my paper.  
I am embarrassed.

Make up your own sentences: