



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 we've learned.
This is too hard.	This may take some time and effort.
I can't make this any better.	I can always improve, so I'll keep trying.
I just can't do math.	I'm going to train my brain in math.
I made a mistake.	Mistakes help me to learn better.
He/she is so smart. I will never be that smart.	I'm going to figure out how he/she does it, so I can try.
It's good enough.	Is it really my best work?
Plan "A" didn't work.	Good thing the alphabet has 25 more letters.
I don't get it.	I don't get it, YET.