

# 45 GROWTH MINDSET MANTRAS

Big Life Journal

1. Mistakes are an opportunity to grow.
2. Sometimes you win, sometimes you learn.
3. Mistakes are expected, inspected, and corrected.
4. If what I'm doing isn't working, then what I'm doing has to change.
5. ***I can't do it...YET!***
6. Today, I will try something new!
7. Practice makes progress.
8. I can do hard things!
9. I fail now, so I can master later.
10. Even if I make mistakes while trying, I will still do my best every time because eventually, I will succeed!
11. FAIL= First Attempt In Learning
12. ***Mistakes are how I learn.***
13. Whatever happens, I'll handle it.
14. This is tough but so am I.
15. Everyone makes mistakes, that's why pencils have erasers.
16. Where there's a will, there's a way!
17. I am capable.
18. Do your best and learn from your mistakes.
19. ***Do your best and have fun!***
20. Be the change you want to see.
21. If it doesn't challenge you, it won't change you!
22. Forget the mistake, remember the lesson.
23. Big ideas start small.
24. Everything is difficult before it gets easy!
25. The expert in anything was once a beginner.
26. If you learn to love challenges, you will always be growing.
27. ***I have GRIT and I don't quit!***
28. Whether you believe you can or you can't, you're right.
29. Mistakes make your brain grow.
30. I'm not perfect, I'm learning.
31. Let's make better mistakes tomorrow.
32. Hard work beats talent if talent doesn't work hard.
33. Say you can, you might. Say you can't, you're right.
34. I am safe. I am calm. I can handle this.
35. Chances aren't given, they're taken.
36. Anything worth doing is worth doing badly. Just give it a try.
37. Limits exist only in my mind.
38. You've got this and I've got you!
39. ***Attitude is everything.***
40. Patience, perseverance, and practice.
41. Keep going until you're proud.
42. Believe you can and you're halfway there.
43. If you need more time, you just need more time.
44. You control your choices.
45. ***Learning is messy.***