

## Growth Mindset

Read through the 25 affirmations below from Big Life Journal <https://biglifejournal.com/>

Read one to yourself every day or print it <https://www.barnardos.ie/media/7523/growth-mindset-statements-and-affirmations.png> and hang it on your fridge so every time you open the fridge you take a positive message too.

**25** **GROWTH MINDSET**  
STATEMENTS AND AFFIRMATIONS

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I get better at things when I practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results and don't compare myself to others
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

Printables by Big Life Journal - biglifejournal.com