Growth Mindset Thinking

Scenario	Replace fixed thoughts	With growth thoughts
I get an answer wrong.	I am stupid I'll never get it right This doesn't matter anyway	I can get this I might be able to learn something from this Struggling with this will increase my ability to persist and overcome other challenges
A classmate solves a problem more quickly than you.	I'm always so slow S/he has more natural ability in math I'm just not good at math I wish I had his/her brain.	This is my journey Understanding is more important than speed I'll be there soon with practice I can ask them how they approach the problem.
Teacher asks a question in class	If I get this wrong the teacher will think I'm stupid. If I try I may look dumb. If I don't try then no one will know I can't do it. No way am I going to get this wrong in front of everyone.	There is no harm in trying. This is a great chance for feedback. It doesn't matter what others think of me when I'm learning. Trying is the first step to learning I don't know what s/he is talking about—let me ask a question
I get an answer right and others get it wrong.	Look how smart I am. Ha, that was easy—they are slow. I'm glad I'm better at this than they are.	Do I understand? How did I learn this? How can I explain this? How can I change the question to challenge myself?
	I'm going to fail. People will know I'm a loser. I can't do this. I don't think this way.	What can I learn from this? How can I improve? How can I help others understand? I can figure this out. I am growing my brain with this different way of thinking. I can't do this **yet.**

Some Youtube video on Growth Mindset vs Fixed Mindset
https://www.youtube.com/watch?v=d0jEF66xSBA (4:05)
https://www.youtube.com/watch?v=KUWn_TJTrnU (5:03)
https://www.youtube.com/watch?v=Xv2ar6AKvGc (3:32)
https://www.youtube.com/watch?v=aNWA3ZwJdLk Growth Mindset (2:57)
https://www.youtube.com/watch?v=M1CHPnZfFmU Mindsets: Fixed Versus Growth (2:19)
http://blog.mindsetworks.com/what-is-my-mindset