

# I change my perspective by changing my words

Read each pair out loud. Then write two of your own at the bottom.



**Instead of:** I'm not good at it

**I can say:** I'm not good at it YET, but I can practice and I will be soon.

**Instead of:** I can't do that.

**I can say:** I think I need help from someone.

**Instead of:** I'm not as smart as my friends.

**I can say:** I'm responsible for how smart I am, because I can build my brain by learning difficult things.

**Instead of:** I won't do that, it's too easy.

**I can say:** How could I make it more interesting?

**Instead of:**

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**I can say:**

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**Instead of:**

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**I can say:**

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