

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:

I can say:

Instead of:

I can say:
