

Instead of 'I failed', try 'I learned something new.'

Change 'I can't do this' to 'I'll try a different way.'

Instead of 'This is too hard', say 'This is a challenge I can grow from.'

Shift 'I'm not good enough' to 'I'm working on improving every day.'

Change 'Nothing ever goes right' to 'This time didn't go right, but I can try again.'

Instead of 'I hate making mistakes', say 'Mistakes help me learn.'

Shift 'I'm stuck' to 'I'm in the process of figuring it out.'

Change 'I give up' to 'I'll pause, then try again.'