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Say This, Not That

To Develop a Growth Mindset

"I'm not doing this right."
vs.
"I need to revisit my options"

"I'm not good at this."
vs.
"I'm still working on this skill."

"I'm afraid of making a mistake."
vs.
"Mistakes are how I learn & get better!"

"They are better at this than I am."
vs.
"What can I learn from them?"

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