

# Advice Needed #3

**TASK:** Take a look at each of the statements below. Respond in a way that helps to change the fixed mindset to a growth mindset. Respond as though you are supporting your good friend. When you respond, check the strategies that will help in the box.

"I tried to play an instrument once. It is way too hard. Not only that, I'm lousy at music. I would never be able to play anything."

- ☐ Persistence
- ☐ Effort
- ☐ Learn from mistakes
- ☐ Embrace challenges
- ☐ Positive Outlook
- ☐ Believe in myself
- ☐ Request assistance when needed
- ☐ Other:

"I can't get this math problem. It makes no sense. Nobody in my family was any good at math and neither am I."

- ☐ Persistence
- ☐ Effort
- ☐ Learn from mistakes
- ☐ Embrace challenges
- ☐ Positive Outlook
- ☐ Believe in myself
- ☐ Request assistance when needed
- ☐ Other:

"I am not going to school during track and field. It's not my thing. Everyone else always wins. I haven't ever won at it ever."

- ☐ Persistence
- ☐ Effort
- ☐ Learn from mistakes
- ☐ Embrace challenges
- ☐ Positive Outlook
- ☐ Believe in myself
- ☐ Request assistance when needed
- ☐ Other: