

Mindset Statements

1. You can enjoy doing things even when you're not good at them.
2. My problems are character flaws that I can't change.
3. In order to have a healthy, happy relationship, it is important that we agree on most things.
4. The success of others inspires me and is a source for learning.
5. Criticism challenges me to become a better person.
6. I feel stupid when I make mistakes.
7. When I work on something for a long time and start to figure it out I feel smart.
8. Problems undermine my confidence and make me feel anxious.
9. Setbacks provide useful information in the form of feedback.
10. It is important to my self-esteem that I achieve and succeed in everything I do.
11. In life there are no mistakes, only lessons.
12. I worry about other people's opinion of me.