Attitude

Self perceptions or beliefs that we hold - These determine behaviors, outlook, and attitude

Positive

Growth Mindset

MISSING - STRATEGY

MY BEST - IMPROVE

TAKE TIME - MISTAKES HELP ME LEARN

TRAIN MY BRAIN - LEARN HOW TO DO THIS

ALWAYS A PLAN B - LEARN FROM THEM

Develops into **GRIT**

Negative

Fixed Mindset

NOT GOOD... GIVE UP...

GOOD ENOUGH... CAN NOT MAKE BETTER...

TOO HARD... I MADE A MISTAKE...

CAN NOT DO THIS... NEVER BE THAT SMART...

PLAN A FAILURE... MY FRIEND CAN DO IT...

Learned Helplessness

FRUSTRATION

OUR CHOICES

FEAR OF FAILURE

Kenneth Piascik and Joseph Pizzo
Black River Middle School