



# Innovation skills and Growth mindset

NEGATIVE TO POSITIVE AFFIRMATION



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## NEGATIVE TO POSITIVE AFFIRMATION

This is a great introductory exercise that gets you familiar with the language of the growth mindset. It will help you understand how to make the mental shift by altering your internal voice

### Instructions:

Write down a list of negative or limiting statements we can sometimes make about ourselves (e.g. "I'm not good enough" or "I'm too \_\_\_\_\_").

Next, show them how to place a positive spin on the phrase by merely altering the language we use.

For example:

"I'm not smart enough to figure this out" ...

... can become "I haven't got this figured out yet, but I will if I just keep trying."

Practicing positive self-talk is key in developing a growth mindset. How you speak to yourself has a direct impact on your thoughts, beliefs and ultimately, what you believe you are capable of.

Here are some simple examples of negative statements to begin with that they can quickly turn around with just a few changes:

"I don't believe in myself."

"I'm not smart enough to do that."

"I'm not good enough to \_\_\_\_\_."

"I don't have good ideas."

"I'm not very strong."

"I'm not an exceptional person."

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