

# Positive Self-Talk



When your *student* says...

The *learning coach* says...

I'm <b>NOT GOOD</b> at this	No one is good at it in the beginning. Let me ask you some questions so we can work out what you're missing.
I <b>GIVE UP</b>	I'll teach you a new strategy so you'll have a way forward.
<b>IT'S GOOD</b> enough	That might be your best by today's standards. As you get better it will become your second best.
I <b>CAN'T MAKE</b> this any better	This is something you can do to make it better...
This is <b>TOO HARD</b>	It's meant to be hard. We grow by challenging ourselves.
I made <b>A MISTAKE</b>	Let's work out why you made that mistake and what we have to do to correct it.
I just <b>CAN'T DO</b> that	I'll show you how to train your brain so you're able to do that.
I'll <b>NEVER BE</b> that smart	Being smart is something you learn. Let me teach you how to be smarter!
Plan A <b>DIDN'T WORK</b>	I'll help you with some new strategies so you can create a different plan.
My friend can do that	How has your friend gone about learning this?