<table>
<thead>
<tr>
<th>Instead of saying...</th>
<th>Try saying...</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can’t do this.</td>
<td>Example: I need help understanding this.</td>
</tr>
<tr>
<td>This is too hard.</td>
<td>Example: It’ll take me some time to get this.</td>
</tr>
<tr>
<td>I give up.</td>
<td></td>
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<tr>
<td>I tried and it didn’t work.</td>
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<tr>
<td>It’s good enough.</td>
<td></td>
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<tr>
<td>I'm just not good at this.</td>
<td></td>
</tr>
<tr>
<td>I'm just not going to get this.</td>
<td></td>
</tr>
<tr>
<td>It’s not going to work anyway.</td>
<td></td>
</tr>
<tr>
<td>I’ll never be as smart as my friend.</td>
<td></td>
</tr>
<tr>
<td>This is as good as it’s going to get.</td>
<td></td>
</tr>
</tbody>
</table>

Add other fixed mindset phrases.