

Great Mindset Questions To Ask Yourself

Let's consider some of the most common things we tell ourselves, and look at some questions we can ask in their place to change our mindsets.

Thought	Question
<i>"I tried; I failed. It's just beyond me."</i>	Could I try a different strategy or approach?
<i>"I didn't achieve what I set out to do; I failed."</i>	Isn't learning a process, and isn't failure just part of that process?
<i>"I just wasn't born clever."</i>	Haven't others tried, and succeeded through hard work?
<i>"I can't do it; I'll never be able to do it."</i>	Aren't I giving up on myself too soon? Isn't it a matter of time?
<i>"Do you think you can do it?"</i>	Can't I do it with repeated effort?
<i>"I don't know how or if I'll get there...ever."</i>	What plan can I make to get there? How can I motivate myself to follow that plan? What's my first step?