

# Not a Math Person? Think Again.

Why You Think You're Bad at Math, and What to Do Instead.

The infographic is divided into three vertical panels. The left panel, titled 'The "Fixed" Mindset Barrier', has a dark purple background and shows a person with a sad expression. The middle panel, titled 'The Shift', features a glowing brain with radiating lines. The right panel, titled 'The Growth Mindset Journey', has a bright orange background and shows a person with a confident expression and a plant growing from their head. Text and speech bubbles are placed throughout each panel to convey the message.

**The "Fixed" Mindset Barrier**

"I'm not a math person"

"I can't do this"

"I'll never get it"

Believing you aren't a "math person" creates a ceiling on your potential.

**The Shift**

**Your brain grows when you learn**

You don't know it...  
**YET**

**The Growth Mindset Journey**

"I'm learning how to do this"

"I don't get it yet"

"I can do this"

Effort leads to mastery, and every mistake is just a mini-workout for your brain.

Bridget Steele, Ph.D.

# 1

## Let's Debunk This Myth Right Now

Okay, I need you to stop saying you're not a math person. Like, right now. Stop it.

That little phrase feels harmless but it is doing so much damage. The moment you say it, your brain actually listens and goes, "Got it, we're done here," and stops building the connections you need to get better. That's not me being dramatic, that's literally how neuroplasticity works.

So let me ask you something real quick. Are you a person? Are you doing math? Then congratulations, you're a math person. That's it. That's the whole argument.



**The shift starts the second you stop letting “I’m not a math person” live rent-free in your head.**

## 2

# What Are You Actually Telling Yourself?

Here's the thing, you can't change a story you haven't read yet. So before we do anything else, we have to figure out what you're actually saying to yourself when math shows up.

When you see a hard problem, what's that very first thought?

Ask yourself:

- What's the first thing that pops into my head when I see something complex?
- Am I already deciding I'm going to fail before I've even looked at step one?
- Am I telling myself the effort is pointless before I've even tried?

Once you catch those thoughts, and I mean the second they pop up, I need you to say, "Not today. You're not welcome here." Because now you know better. And knowing better means we do better.

### 3

## Your Brain Is Literally Growing Right Now

Okay, science time, but I promise I'm going to make it fun.

Your brain is not fixed. It is not a done deal. It works more like a muscle, and every single time you work through something hard, it is getting a workout. Jo Boaler, she's the guru of mathematical mindset, has actually shown that your mindset alone can dramatically change your math achievement. And here's my favorite part: research shows your brain is actually most active when you make a mistake. Like, it lights up. So struggling isn't failing, it's literally your brain doing its best work.

Keep these in your back pocket:

- Every hard problem = a brain workout. You're building new connections in real time.
- Mistakes are fuel, not failure. They are showing you exactly where to focus.
- Persistence beats genius every time. Whether it takes you a week or a month, the growth is in the staying.

## 4

## Quick Win: You're Already Doing Math Every Morning

I need you to hear this. You are already a problem solver. Every. Single. Day.

Think about everything you do just to get out of the house in the morning. You're figuring out how long everything takes, your shower, making and eating breakfast (which we all should be doing), finding your keys, getting your coffee ready, packing your bag, and getting where you need to go. And somehow, you figure out exactly what time you need to wake up to make it all work.

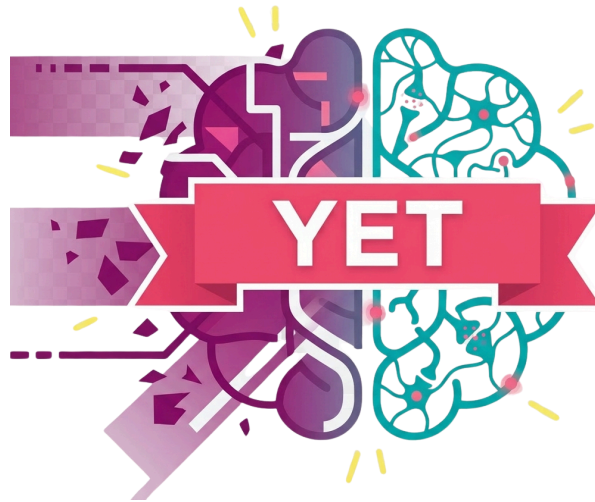


That's algebra. That's literally a multi-variable equation.

So the next time you say math isn't your thing, remember, you've been doing it since your alarm went off.

## 5

## One Word That Changes Everything:



I need you to add this word to everything.

- "I can't solve this problem," okay, add yet.
- "I don't understand these steps," yet.
- "This is too hard for me," you haven't mastered it yet.

See what that does? It takes a dead end and turns it into a detour. It keeps the door open. Your brain needs that door open. So stop letting yourself use periods where there should be commas. You're not done, you're just not there yet.

## 6

## Math Anxiety Is Real and We're Not Ignoring It

I'm not going to stand here and tell you to just think positive and everything will be fine. Math anxiety is a real thing. It has real roots, usually in a past experience, sometimes in that one teacher who made you feel like you didn't belong. Those feelings are valid.

But here's what we're going to do with them:

- Acknowledge the root. Say it out loud: "I feel anxious because of the past. But today is a new day and I am in a new space."
- Breathe. In through the nose, out through the mouth. I know it sounds too simple, but it works, and they're actually teaching it in schools now.
- One step at a time. Don't look at the whole page. Don't count the questions. Just look at step one of question one. That's it.
- Visualize success. Before a big volleyball game, my coach used to have us lie on the floor and visualize every play. It felt weird. It absolutely worked. Close your eyes and see yourself getting through it because you will.

7

## Go Deeper



Wish there was a video about this topic? I got you. Scan the QR code.

8

## Here's What I Need You to Remember

Math is not about being some kind of genius. It is about being brave enough to try, and resilient enough to keep going when it gets hard, and it will get hard. That's normal. That's the process. You're learning.

And listen, stop focusing on the 25% you don't know yet and start celebrating the 75% you DO know. That's the majority. That's a lot. Give yourself some credit.

It's always hard before it's easy.

We can do hard things.

Now say it like you mean it.

# You Are a Math Person. Don't Forget That.

## About Bridget Steele, Ph.D.

If you've ever said, "this math ain't mathin," and suddenly needed a snack, a nap, a new identity, and closed your laptop like it said something disrespectful... say less. I got you.



I'm Dr. Steele, a mathematics educator with over 25 years of experience helping people who think they are not a math person realize that they are.

I teach math in a way that makes sense. I focus on mindset first, then skill. Step by step. No confusion. And definitely no judgment.

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