

# What Kind of Mindset Do You Have?

<b>FIXED MINDSET</b>		<b>GROWTH MINDSET</b>
<ul style="list-style-type: none"><li>• SOMETHING YOU'RE BORN WITH</li><li>• FIXED</li></ul>	<b>SKILLS</b>	<ul style="list-style-type: none"><li>• COME FROM HARD WORK.</li><li>• CAN ALWAYS IMPROVE</li></ul>
<ul style="list-style-type: none"><li>• SOMETHING TO AVOID</li><li>• COULD REVEAL LACK OF SKILL</li><li>• TEND TO GIVE UP EASILY</li></ul>	<b>CHALLENGES</b>	<ul style="list-style-type: none"><li>• SHOULD BE EMBRACED</li><li>• AN OPPORTUNITY TO GROW.</li><li>• MORE PERSISTANT</li></ul>
<ul style="list-style-type: none"><li>• UNNECESSARY</li><li>• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</li></ul>	<b>EFFORT</b>	<ul style="list-style-type: none"><li>• ESSENTIAL</li><li>• A PATH TO MASTERY</li></ul>
<ul style="list-style-type: none"><li>• GET DEFENSIVE</li><li>• TAKE IT PERSONAL</li></ul>	<b>FEEDBACK</b>	<ul style="list-style-type: none"><li>• USEFUL</li><li>• SOMETHING TO LEARN FROM</li><li>• IDENTIFY AREAS TO IMPROVE</li></ul>
<ul style="list-style-type: none"><li>• BLAME OTHERS</li><li>• GET DISCOURAGED</li></ul>	<b>SETBACKS</b>	<ul style="list-style-type: none"><li>• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.</li></ul>

"Failure is the  
limit of my abilities"

## **FIXED MINDSET**

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like  
to be challenged"

"I can either do it,  
or I can't"

"My potential is predetermined"

"When I'm frustrated,  
I give up"

"Feedback and criticism  
are personal"

"I stick to what I know"

"Failure is an  
opportunity to grow"

## **GROWTH MINDSET**

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude  
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try  
new things"