

GROWTH VS. FIXED MINDSET

What's your mindset when you think about yourself? A growth mindset is how much you believe your basic qualities, like intelligence and talent, can be changed or developed. A fixed mindset is how much you believe your basic qualities are fixed or permanent.

GROWTH MINDSET EXAMPLES

- I believe that everyone can learn something new and become good at it over time.
- I always try, even if I think I will fail - failure is just another opportunity to learn, which can help me succeed the next time.
- I can always become better if I try, it depends on my effort.
- I think that every opportunity is a chance to grow my knowledge, I can always learn something new.
- Most importantly: I never say, "I can't."

FIXED MINDSET EXAMPLES

- I believe that people are born smart or dumb and can never change.
- I think it is too late for most people to learn and gain a new perspective.
- I take constructive feedback as personal criticism.
- I am who I am, and there is nothing I can do to change that.
- I believe that once something happens, it can't be fixed or changed.
- I give up when something is hard or it feels like I am unable to do it right.

