Growth Mindset

vs. Fixed Mindset

WHICH MINDSET CAN YOU RELATE MOST WITH???



Do you believe that skills, intellect and talents are unchangeable and innate?

Do you stick to what you know because you are afraid to fail?

When you are confronted by a challenge, do you likely give up and think to yourself "I am just not smart enough to do this?"

When recieving feedback from others, do you give excuses and blame others?

I can't DO IT!!!!

Fixed Mindset



Do you believe that skills, intellect and talents can be developed based on practice and perseverance?

Do you like to learn new things and are willing to take risks?

When confronted by a challenge, do you embrace the challenge, learn from past mistakes, try different strategies and ask others for help?

When receiving feedback are able to recognize your weaknesses and try to fix them?

I can't DO IT...YET!!!

Growth Mindset