

FIXED MINDSET

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing these. They also believe that talent alone creates success—without effort.

GROWTH MINDSET

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting points. This view creates a love of learning and a resilience that is essential for great accomplishments.

FIXED MINDSET EXAMPLES	GROWTH MINDSET EXAMPLES
"This is too hard."	"This will be challenging, but I'll keep at it."
"I am so good at this."	"I am working really hard at this."
"She's just smarter than I am."	"I'm on the right track."
"I've never been good at this anyways."	"I'm going to think through this more carefully."
"I give up."	"I'll try a different strategy."
"I'm never going to get this."	"Tomorrow, I'll get a fresh look at this."

GROWTH MINDSET	FIXED MINDSET
"I want to do this qualification to learn and develop myself."	"I want to do this qualification to prove that I am smart."
"I'm interested in what the correct answer is because I want to learn."	"I'm only interested in knowing what I got right or wrong."
"I seek and thrive on challenges because I get to stretch myself."	"I lose interest in challenges if I don't feel smart or talented."
"I can't do it - yet!"	"I can't do it!"

UNLEASH YOUR GREATNESS



GROWTH MINDSET

What can I say to myself?

Instead of thinking	I'll think
I'm not good at this.	
I give up.	
This is too hard.	
I can't make this any better.	
I just can't do math (or writing or science or...).	
I made a mistake.	
She's so smart. I'll never be that smart.	
I'm not good enough.	
Plan A didn't work.	