



# Two Mindsets



## Growth Mindset

Intelligence can be developed

## Fixed Mindset

Intelligence is Static

You have the capacity to learn, grow and obtain any skill.

*"I can learn to do anything I want."*



World View

Sees themselves as unchangeable. Skills, talents and intelligence are natural. You either have it or you don't. Failure is shameful and should be avoided.

*"I'm either good at it or I am not."*

Enjoys being challenged.

*"I know this will help me even though it is difficult."*



Challenges

Avoids challenges and gives up immediately.

*"This is a waste of time; there's a lot to figure out."*

Persists for long periods and expects eventual mastery.

*"When I fail, I learn!"*



Obstacles

Gives up immediately.

*"When I fail, I'm no good."*

Effort is the path to mastery.

*"Attitude and effort determine my abilities, knowledge and talent."*



Effort

Effort is fruitless and associated with failure.

*"My abilities determine everything."*

Finds lessons and inspiration.

*"Success of others inspires me. I see what they did and gives me the drive to do the same.... If not better!!"*



Success of Others

Feels threatened by the success of others.

*"It's easy for them. They were born smart."*

Learns from feedback.

*"Feedback helps me learn and is a critical part of the process to improve."*



Feedback

Sees feedback as a list of their faults.

*"I don't like feedback, because it shows what I don't know."*