

# FIXED MINDSET VS GROWTH MINDSET

Which one sounds more like you?



- ◆ Failure is the limit of my abilities.
- ◆ I'm either good at it or I'm not.
- ◆ My abilities are unchanging.
- ◆ I can either do it or I can't.
- ◆ My potential is predetermined.
- ◆ When I'm frustrated, I give up.
- ◆ I stick to what I know.



- ◆ Failure is an opportunity to grow.
- ◆ 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.

