

Two Mindsets

Fixed Mindset

"My qualities and abilities are carved in stone. They are what they are."



*Adapted from the work
of Carol S. Dweck, Ph.D*



Growth Mindset

"My qualities and abilities can be cultivated through effort, strategies, and help from others."

Every situation will confirm whether I am smart, successful, or valuable.

Challenges are threatening. Try to avoid them.
Will I look smart or dumb? Will I be accepted or rejected?

Failure proves I don't have what it takes. It means I'm not enough.

I have to prove myself. Look good. Prove my abilities and my worth

Hide weaknesses. Avoid being seen as deficient or wrong.

Run away from problems. Use blame/food/media/addictions to escape

Deceive others so they'll think I am stronger and more capable than I am
Judge myself and others harshly, see character traits as permanent

If I have to put in a lot of effort, it means I'm not good at it.
Give up easily when confronted with obstacles

Other people are just smarter, richer, or luckier than I am.
It's so unfair. I resent their success and feel threatened by it.



Every situation will give me opportunities to learn something new

Challenges are a chance to get stronger. Embrace them!
What can I learn from this? What attributes can I develop?

Failure points me to new strategies and resources. It means I am learning

I want to improve myself. Develop skills, learn new things, become better

Acknowledge and seek to understand weaknesses, ask for help

Face problems. Confront the issues, problem-solve, implement strategies

Be truthful and open with others, let them see the real me
See myself and others as a work in progress, we are BECOMING

Effort is a key ingredient to success! The harder I work, the more I learn.
Persist through obstacles and implement multiple strategies until I succeed

If others can do it, I bet I can too! I'm inspired by their success.
I find ways to learn from them.