



FIXED & GROWTH MINDSET

FIXED

GROWTH

Sees themselves as **unable to change**.
Seeking the best place and circumstances to fit in.

WORLD VIEW

Sees themselves as **capable of growth**.
Wants to create abilities required to reach goals.

Avoids challenges.
Sees them as opportunities for failure.

CHALLENGES

Embraces challenges even when path to achievement is difficult and unclear.

Gives up easily.
Backs down when encountering difficulty.

OBSTACLES

Persistent in the face of setback.
Understands new learning is crucial.

Not necessary or useful.
Sees effort as a negative and something you do when you are not good enough.

EFFORT

Important part of the process that is required for developing strategies and reaching success.

Ignores useful criticism/feedback.
Gets defensive & takes it personally.

FEEDBACK

Accepts and **learns from feedback** in order to improve the process and outcome.

Feels threatened by the success of others.
Avoids comparisons and competitions.

SUCCESS

Finds lessons and inspiration in the success of others. Enjoys the competition.

Hides or ignores mistakes.
Gets discouraged when making mistakes.

MISTAKES

Recognises mistakes as learning opportunities and ways to improve.



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