

WHAT KIND OF MINDSET DO I HAVE?



FIXED MINDSET

- I'm either good at it, or I'm not.
- If I fail, I'm no good.
- I don't like to be challenged.
- I feel like feedback is personal.
- If you succeed, I feel threatened.
- I give up if I find something difficult.
- My abilities determine everything.



GROWTH MINDSET

- I can learn anything I want to.
- I learn from my failures.
- I want to challenge myself.
- I feel like feedback is constructive.
- I am inspired by the success of others.
- I always persevere, even when I'm frustrated.
- My effort and attitude determine everything.