

Characteristics of a Fixed Mindset

- Believes intelligence and talent are fixed
- Believes effort is fruitless
- Believes failures define who they are
- Hides flaws
- Avoids challenges
- Ignores feedback
- Views feedback as personal criticism
- Feels threatened by other's success

Characteristics of a Growth Mindset

- Believes intelligence and talents can be developed
- Believes effort is the path to mastery
- Believes mistakes are part of learning
- Views failure as an opportunity
- Believes failures are temporary
- Embraces challenges
- Welcomes feedback
- Views other's success as inspirational