

Thoughts of someone with a growth mindset.

Growth Mindset

Find Setbacks Motivating

Knows They Can Learn Anything
They Want

My Effort and Attitude Determine My Success

Takes Responsibility When Things Go Wrong

If Something Doesn't Work, I Will Try Something Else

Challenges Help Me Grow

Knows They Don't Know Everything

Everyone is Capable of Learning

Criticism Motivates Me

Failures are Opportunities

Thoughts of someone with a fixed mindset.

Fixed Mindset

I'm Either Good At It Or Not

If It's Too Hard, I'll Give Up

I'll Just Stick With What I Know

Success Is About Establishing Authority

Imperfections are Shameful

I Need People to Validate Me

Blames Others, Finds Excuses

Doesn't Want Their Flaws Exposed

Someone Else Will Fix It

Others Define Me

Which one are you?

How do I react to criticism?

What change am I resisting?

Do I use challenges to grow or do I give up?

What beliefs have I learned that are no longer true?

What are my core values and am I living them?

How much time do I spend on personal growth?

Do other people's opinions and standards determine my actions?

How much effort do I put into reaching my goals?

Take some time to think about your answers to these questions, and then pay attention to how you react when challenges, feedback, failures, or hard tasks come up. Check how you want to respond and then change it if you need to.

Awareness is the first step!

A growth mindset takes practice but can transform the way you look at your life.