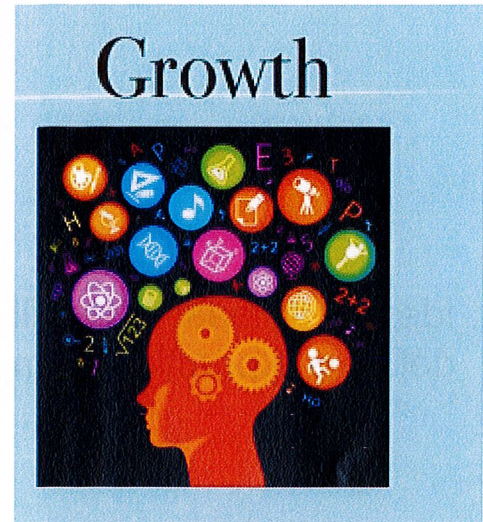
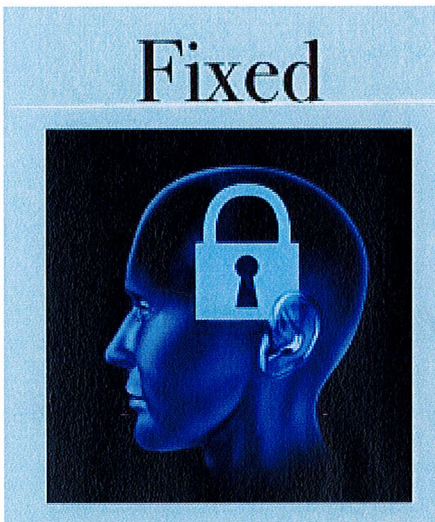


Fixed Mindset vs. Growth Mindset

Below is a list of statements that are either evidence of a fixed mindset or growth mindset. Identify statements that describe you and your thoughts. You may identify with some of each mindset.



I'm not good enough
I give up
It's good enough
I can't make this any better
This is too hard
I made a mistake
I just can't do this
I'll never be that smart
Plan A didn't work
My friend can do it
Avoid challenges
See effort as pointless
Ignore useful negative feedback
Feel threatened by the success of others

What am I missing?
I'll use a different strategy
Is this really my best work?
I can always improve
This may take some time
Mistakes help me to learn
I am going to train my brain
I will learn how to do this
There's always a Plan B
I will learn from my friend
Embrace challenges
Persist in the face of setbacks
See efforts as a path to mastery
Learn from criticism
Feel lessons and inspiration in the successes of others

Grit, Mindset - What are you going to take away, think about, and/or try?

1. Identify attributes of grit within yourself.
2. Identify at least one skill you possess and identify how you will use deliberate practice to improve that skill.
3. Are you in a fixed mindset or growth mindset? How do you know?
4. What is your next step for a growth mindset?