



Mindsets – Fixed vs Growth

How are you tracking?

Put a cross (x) on the line below where you are currently to see if you have more of a 'fixed' or a 'growth' mindset in the following situations.

Challenges

I tend to avoid challenges I embrace challenges

Obstacles

I tend to give up easily I keep going despite setbacks

Effort

You're either talented or not Mastering anything takes practice

Feedback

I ignore criticism I welcome constructive feedback

Success of others

Threatened by it Inspired by it

Challenges

If I fail, I'm a failure

If I fail, it's my chance to learn

World view

I can't change anything in life

There are things I can change if I choose

Self-assessment

I under-rate my talents and abilities

I know my strengths and back myself

Look at the lines and choose one situation where you would prefer to have more of a 'growth' than a 'fixed' mindset. What is one practical thing you could easily do right now to develop a growth mindset about the situation?