



# Growth vs Fixed Mindset

Making progress often begins with a shift in mindset. According to researcher Carol Dweck, there are two types: fixed mindset, believing qualities are innate, and growth mindset, understanding improvement comes with effort.

## Growth Mindset

### Challenges

Challenges are a way for me to get better

### Desires

I'll try new things

### Skills

I can always improve

### Obstacles

I'll change my approach until I succeed

### Success of Others

I'm inspired by their success. Maybe I have something to learn from their success.

### Criticism

I can learn from the feedback I receive

## Fixed Mindset

### Challenges

I try to avoid challenges so I don't look stupid

### Desires

I'll just stick to what I know

### Skills

I'm either good at it or not. If I'm not, it's okay

### Obstacles

I'm just not good at it and that's the way it is

### Success of Others

It's unfair that they're succeeding and I am not.

### Criticism

I feel threatened by the criticism I get



# Working on Mindset



In this exercise try to identify your own mindset in a variety of categories and then write down what would be a more productive mode of thinking instead (by productive I mean anything that will make you take action and actively work on a solution rather than just accept things as they are). On the next section, you can also identify your own unique limiting beliefs and how you could reframe them.

## Question 1

How do I react to challenges & how I can improve?

## Question 2

How do I react to criticism & how can I improve?



# Working on Mindset



## Question 3.

How do I react when I don't know what to do next? Is it productive?

## Question 4.

Am I taking responsibility for my own actions and current situation? If yes/no, how so? Is this helping me to get forward and how?

