

MINDSET

YOUR MINDSET MATTERS

FIXED MINDSET

GROWTH MINDSET

Either I am good at it or I am not

I can learn and improve

I give up easily

Every inch of progress counts as an accomplishment

I see feedback as criticism

I can learn from others

I can't change how I was born

I can train my brain

If you have to work hard, then you don't have the skill

The more I challenge myself, the more skilled I will become

Mistakes and failure are to be avoided at all costs

Mistakes are learning opportunities

I'll never be good at this

I can work hard to get better at something

If I don't try, I can't fail

I only fail when I stop trying