

## Growth Mindset vs. Fixed Mindset

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.” — James Allen

“Mindsets are beliefs—beliefs about yourself and your most basic qualities. Think about your intelligence, your talents, your personality. Are these qualities simply fixed traits, carved in stone and that’s that? Or are they things you can cultivate throughout your life?” ~ Carol Dweck

### Growth Mindset

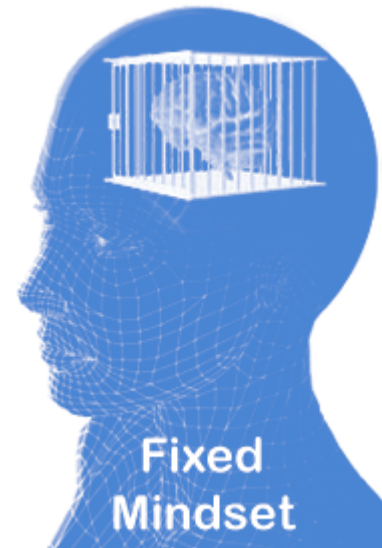
People with a growth mindset, on the other hand, see their qualities as things that can be developed through their dedication and effort. ([Carol Dweck](#))



**Desire Continuous Learning**  
**Confront Uncertainties**  
**Embrace Challenges**  
**Not Afraid to Fail**  
**Put Lots of Effort to Learn**  
**Feedback is About Current Capabilities**  
**Persist Despite Obstacles**  
**See Effort as Path to Mastery**  
**Be Inspired by Others’ Success**

### Fixed Mindset

People with a fixed mindset believe that their traits are just givens. They have a certain amount of brains and talent and nothing can change that. ([Carol Dweck](#))



**Avoid Failure**  
**Desire to Look Smart**  
**Avoid Challenges**  
**Stick to What They Know**  
**Feedback and Criticism is Personal**  
**The Don’t Change or Improve**  
**Give Up Easily Due to Obstacles**  
**See Effort as Fruitless**  
**Be Threatened by Others’ Success**