

fixed

mindset characteristics

growth

STATIC: WHAT YOU HAVE,
YOU HAVE.

SKILLS + INTELLIGENCE

FLUID: CAN BE GROWN AND
DEVELOPED

HOW THEY LOOK
(PERFORMANCE FOCUS)

MAIN CONCERN

LEARNING/GETTING BETTER,
(PROCESS FOCUS)

SOMETHING YOU DO
WHEN YOU'RE NOT GOOD

EFFORT

AN IMPORTANT PART OF
LEARNING

AFRAID OF
FAILURE/GIVES UP

CHALLENGES

PERSEVERES/WORKS
THROUGH IT/SHOWS GRIT

TAKES IT PERSONALLY,
GETS DEFENSIVE

FEEDBACK + CRITICISM

LIKES IT/USES IT TO LEARN

HATES THEM, TRIES TO
AVOID MAKING THEM

MISTAKES

VALUES THEM/TREATS
THEM AS LEARNING
OPPORTUNITIES