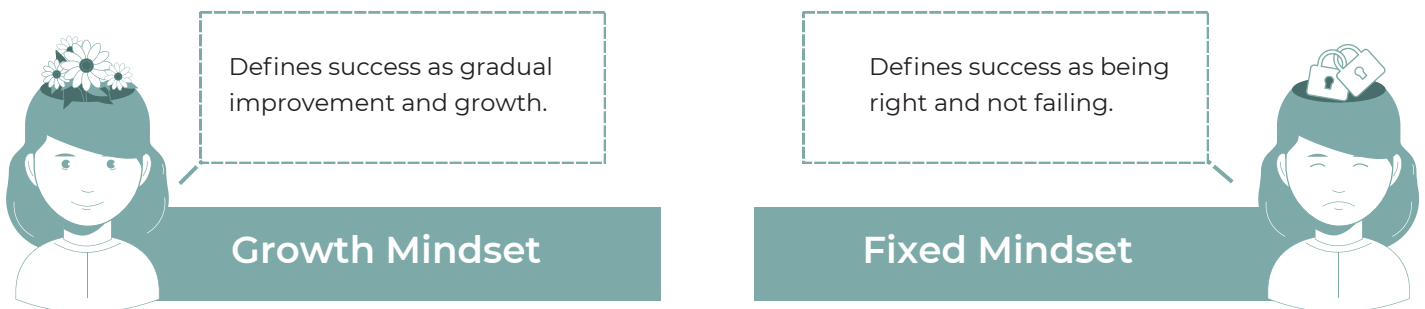


Fixed vs. Growth Mindset

🕒 Time: 15+ Minutes

📊 Difficulty: Moderate

Often times making progress with some problem starts with a simple shift in mindset. According to researcher Carol Dweck, there are two types of mindsets - fixed mindset and growth mindset. The former means that you believe that some quality or trait (intelligence for example) is innate and you have what you were given by nature. The essence of the latter however is that you can improve on any quality as long as you put in the effort. Therefore with growth mindset you're much more likely to take action and actually get something done. Below are some examples of growth vs fixed mindset.



<p>Embraces challenges. Looks for challenges for self-growth. Sees failure as a part of the process.</p>	<p>CHALLENGES</p>	<p>Gives up when gets challenged. Avoids challenges to avoid failure.</p>
<p>Focuses on getting gradually better. Believes in constantly learning new skills. Sees failures as temporary setbacks.</p>	<p>SKILLS</p>	<p>Believes that he/she is good at something or not. Has excuses why he/she cant learn something new (ex. "I'm too old" or "It's in my genes")</p>
<p>Sees obstacles as inevitable part of the process. Knows that all problems have solutions.</p>	<p>OBSTACLES</p>	<p>Gives up in the face of an obstacle. Sees an obstacle as the limit of own abilities.</p>
<p>Is inspired by the success of others. Tries to learn from their success.</p>	<p>SUCCESS OF OTHERS</p>	<p>Sees the success of others as threat. Thinks it's unfair that others are succeeding while he/she is not.</p>
<p>Sees effort as the main ingredient for success.</p>	<p>EFFORT</p>	<p>Does not feel motivated to put in the extra effort.</p>

Fixed vs. Growth Mindset

🕒 Time: 15+ Minutes

📊 Difficulty: Moderate

Use the following worksheet to define your own thoughts and beliefs in each category. Then brainstorm some ideas on how you could reframe them to be more growth oriented.

	My current beliefs & mindset	How can I reframe it to be more growth oriented ?
CHALLENGES		
SKILLS		
OBSTACLES		
SUCCESS OF OTHERS		
EFFORT		