

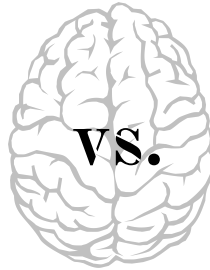
mindset

"Believing that your qualities are carved in stone—the fixed mindset—creates an urgency to prove yourself over and over." - Carol s. Dweck



fixed mindset

abilities are fixed traits



growth mindset

abilities can be developed

leads to a desire to look good & therefore a tendency to...

avoid

give up with

fruitless

ignore

feel threatened

plateau early don't reach there full potential

challenges

setbacks

effort

criticism

other's success

as a result

leads to a desire to learn, grow & therefore a tendency to...

embrace

persist

path to mastery

learn from

inspired & seek lessons

reach ever higher levels of achievement

deterministic world view

sense of free will

developing a growth mindset

1. acknowledge weaknesses & improve
2. view challenges as opportunity
3. develop learning strategies
4. prioritize learning over approval
5. focus on the process not the result
6. reward effort & action
7. learn to give & receive constructive criticism
8. cultivate patience
9. cultivate **grit**

“ *The mindsets change what people strive for and what they see as success. . . they change the definition, significance, and impact of failure. . . they change the deepest meaning of effort...*”