

Fixed versus Growth Mindsets



Based on the work of Carole S. Dweck. Think about yourself in relation to the following:

Challenges

Do you avoid or embrace challenges?

Obstacles

Do you give up easily or persist in the face of setbacks?

Effort

Do you see effort as fruitless or worse? Or do you see effort as the path to mastery?

Criticism

Do you ignore useful negative feedback or do you learn from criticism?

Success of others

Do you feel threatened by the success of others? Or do you feel inspiration in the success of others?

In relation to your current learning goals, rate yourself between 1-10 on each of the above

Think about these questions:

What limiting self-beliefs and habits do you need to let go of?

What knowledge no longer serves you that needs to be replaced?