

Adopting a GROWTH MINDSET

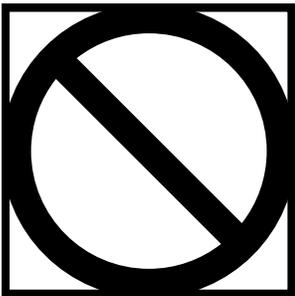


Fixed vs. Growth Mindset

A fixed mindset is the belief that your abilities are innate and unchangeable. A growth mindset is the belief that your abilities can improve through effort. With a growth mindset, setbacks can become learning opportunities.

What Can You Work On?

Identify what behaviors you exhibit and where you can improve.



FIXED

- **Believing you'll never get better at something**
- **Making excuses**
- **Taking things personally**
- **Giving up easily**
- **Expecting special treatment**



GROWTH

- **Embracing failure as a teacher**
- **Controlling what you can control**
- **Seeking feedback**
- **Continually developing yourself**
- **Being open-minded**

