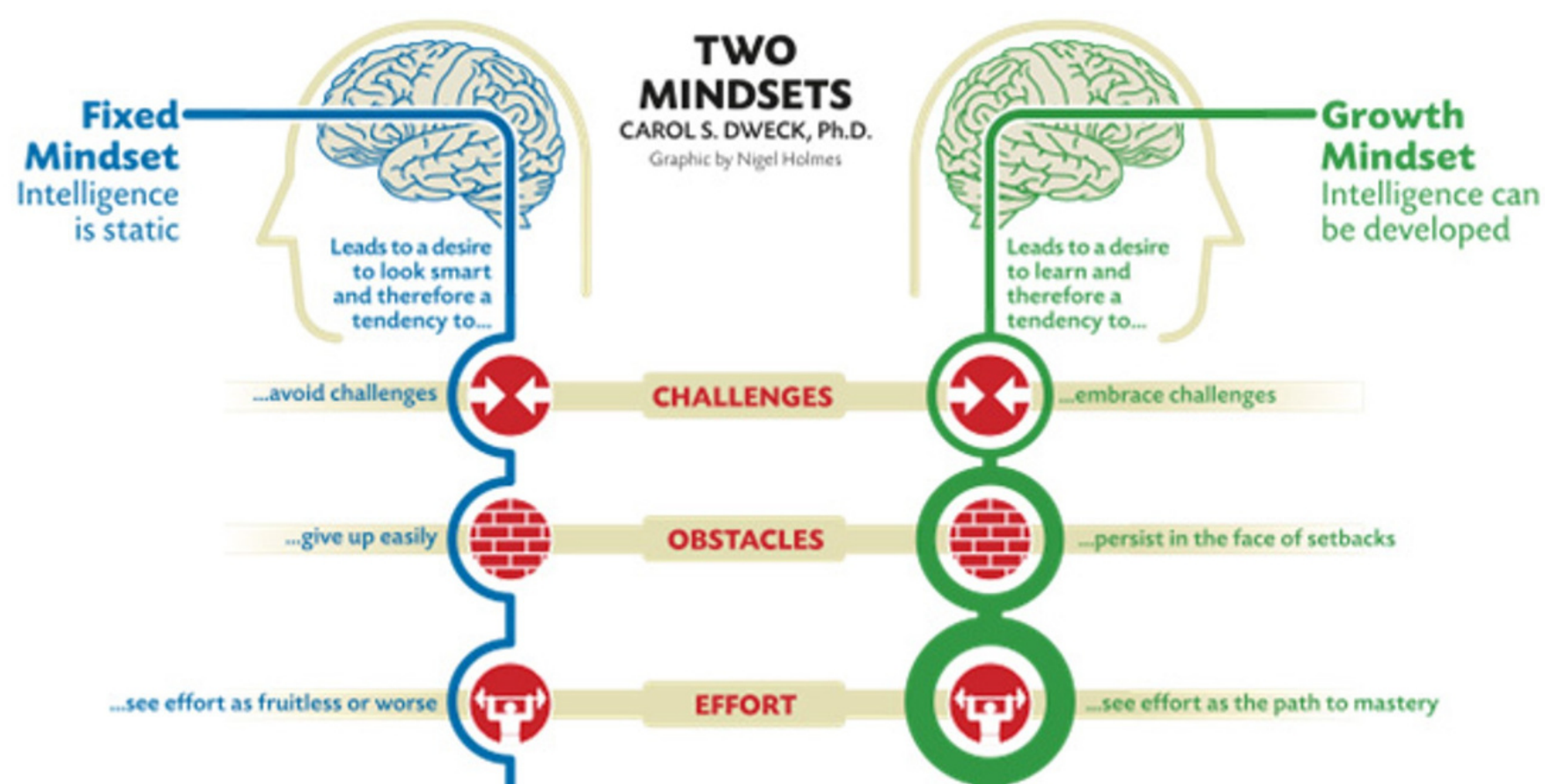


Growth Mindset



Carol Dweck, Ph.D. - Graphic by Nigel Holmes

Reflect on the following 3 questions:

1. Where in your home/work life do you have a growth mindset?
2. Where in your home/work life do you have a fixed mindset?
3. What changes would you like to make and why?
4. What would be the #1 benefit of making those changes?

FIXED Intelligence is static		GROWTH Intelligence can be developed
Avoid challenges	CHALLENGES	Embrace challenges
Give up easily	OBSTACLES	Persist in the face of Setbacks
See fruitless or worse	EFFORT	See effort as the path to Mastery
Ignore useful feedback	CRITICISM	Learn from criticism
Feel threatened by the success of others	SUCCESS OF OTHERS	Find lessons and inspiration in the success of others