

MINDSET

YOUR MINDSET DETERMINES YOUR SUCCESS

FIXED MINDSET

I already know it all

I give up easily

I ignore useful
feedback

I can't change how
smart I was born

I don't need to
practice

Mistakes and failure
are bad so I
avoid them

I'll never be good
at this

I avoid things that
require effort

GROWTH MINDSET

I want to learn

I welcome and learn
from feedback

I learn from others

I can train my brain

I will keep trying

Mistakes are learning
opportunities

I can work hard to get
better at something

I want to be
challenged