

Fixed Versus Growth Mindset

	Fixed mindset	Growth mindset
Difficulties	<ul style="list-style-type: none"> • are things I avoid • might reveal how unskilled I am • make me want to quit 	<ul style="list-style-type: none"> • are things I welcome • will help me learn and improve • make me want to try even harder
Effort	<ul style="list-style-type: none"> • is necessary only for those who don't have talent 	<ul style="list-style-type: none"> • is necessary for improving no matter my level
Failure	<ul style="list-style-type: none"> • is someone else's fault, not mine • discourages me • means I'll never know this 	<ul style="list-style-type: none"> • helps me learn how to improve • makes me ready for next time • means I haven't learned this yet
Feedback	<ul style="list-style-type: none"> • means that other people think I'm incapable • makes me defend my choices 	<ul style="list-style-type: none"> • means that other people are trying to help me get better • reveals areas where I can improve
Skills	<ul style="list-style-type: none"> • are abilities you're born with or not • are fixed 	<ul style="list-style-type: none"> • come with effort and time • can always be improved

Adapted from "The 4 Makers & Breakers of Mindset—Pt. 1," by T. Ragan, January 16, 2015, *Train Ugly*.