

## Fixed Versus Growth Mindset

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

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