

# *Growth Mindset*

vs

# *Fixed Mindset*

View challenges as opportunities

Acknowledge and embrace your weaknesses

Learn to give and receive constructive criticism

Intelligence and talent is dynamic and ever-improving

Prioritise learning over seeking approval

Focus on the process instead of the end result

Be inspired by the success of others

Think of learning as 'brain training'

Understand failure as an opportunity to grow

Persists in the face of setbacks

Avoids challenges

Shy away from things you don't know

Unable to handle feedback or criticism

Intelligence and talent is static and does not improve

Do not carry out any action without seeking approval

Focus on proving yourself

Threatened by the success of others

Effort is not regarded as fruitful

Understand failure as the limit of ability

Gives up easily

