

# Fixed vs. Growth Mindset

## FIXED

Intelligence is set

Avoids challenges

Obstacles: defensive or gives up

Efforts: fruitless or worse

Criticism: ignore even if helpful or useful

Success of others: feels threatened, jealous, envy



**Limited Success**

## GROWTH

Intelligence can be developed

Embraces challenges

Obstacles: persists even with setbacks

Efforts: a path to mastery

Criticism: learns from it

Success of others: inspirational, learns from it, sees lessons



**Higher Levels of Success**