

MINDSET

Our attitudes, thoughts
and beliefs about something.

FIXED

The belief that you are born with a certain amount of intelligence or potential and that's it.

Drawbacks

- Arrogant
- You think you're always right
- Show off
- Give up, get upset when you're wrong
- Negative self-talk when things don't go right
- Limits you from learning new things

GROWTH

The belief that we are capable of working hard to increase our potential and intelligence. We are never as smart as we can be.

Benefits

- Humble
- Learn from your mistakes
- Open to learning
- You believe you can become smarter
- Speaks positively to themselves
- Comfortable making mistakes