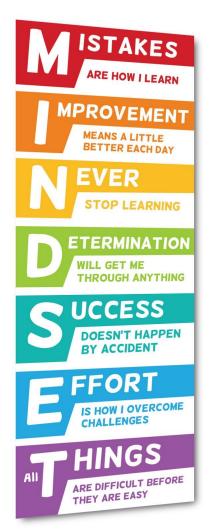
# FIXED MINDSET

# **GROWTH MINDSET**









 In a nutshell, people with growth mindsets are constantly trying to learn and grow to better themselves. These are individuals who enjoy challenges and believe that their intelligence, talents, and basic abilities can be increased or enhanced through hard work and dedicated effort.

#### What is a Fixed Mindset?

#### Fixed Mindset defined:

Having a fixed mindset means that talent is enough to lead to success and effort to improve these talents isn't required.

#### "I give up easily"

"My potential is predetermined"

"Failure is the limit of my abilities"

### **FIXED**

### MINDSET

"My intelligence if static"

"I avoid challenges"

"I stick to what I know"

"Feedback and Criticism is personal"

"I will never improve"

"I am either good at it or I am not"

WATCH YOUR THOUGHTS. FOR THEY BECOME WORDS. WATCH YOUR WORDS, FOR THEY BECOME ACTIONS. WATCH YOUR ACTIONS. FOR THEY BECOME HABITS. WATCH YOUR HABITS. FOR THEY BECOME CHARACTER. WATCH YOUR CHARACTER. FOR IT BECOMES YOUR DESTINY.