

Growth Mindset



Fixed Mindset

**Confront
and
Embrace**

*← problems, challenges
and obstacles →*

Avoid

Maximize

← persistence & grit →

**Gives up
easily**

**Maximize,
needed for success**

← effort →

**Minimal, sees
as useless**

**Bounce
back**

← resilience →

Stuck

**Learns to
improve**

*← feedback &
criticism →*

**Ignores, take
as personal
attack**

**Valuable.
Learn from
them**

*← mistakes
& failures →*

**Feel stupid.
Avoid anything
hard**

Embrace

*← tackle new things,
take learning risks →*

Avoid