

## **FIXED MINDSET AND GROWTH MINDSET**



"Failure is the limit of my abilities"

"I don't like to be challenged"

"I'm either good at it or I'm not.  
I can either do it or not"

"Feedback and criticism are personal"

"My potential is predetermined"

"When I'm frustrated, I give up"

"I shy away from uncertainty and  
stick to what I know"



"Failure is an opportunity to learn"

"Challenges help me grow"

"My effort and attitude  
determine my abilities"

"Feedback is necessary and constructive"

"I can learn to do anything I want"

"I'm inspired by the success of others"

"I embrace uncertainty and  
try new things"