



FIXED VS. GROWTH MINDSET

A growth mindset and a fixed mindset represent two distinct ways of viewing our abilities and potential. While a growth mindset believes skills and intelligence can be developed through dedication and effort, a fixed mindset assumes these qualities are innate and unchangeable

FIXED MINDSET

GROWTH MINDSET

VIEW OF INTELLIGENCE

Intelligence is an innate quality that one is born with and remains static.

Intelligence is malleable and can be developed over time

RESPONSE TO FAILURE

Views failure as a direct measure of ability and often avoids situations where they might fail.

Sees failure as an opportunity to learn and grow

LEARNING VS PROVING

Seeks to prove worth through performance, often needing to be seen as capable.

Focused on the learning journey, prioritizing growth over validation.

SELF TALK

“I’m just not good at this,” or “This is too hard.”

“I’ll try a different strategy,” or “What can I learn from this?”

GOALS & MOTIVATION

Often seeks only achievable goals to avoid failing and maintains a “safe” comfort zone.

Driven by a desire to improve and set personal learning goals.

PROBLEM SOLVING

Tends to follow familiar methods, reluctant to explore new approaches.

Thinks outside the box, open to experimenting with new solutions.

OUTCOMES

Be sure every element of your email is in tip-top shape before you send it.

Send your email without doing a through check for typos, broken links, and other errors.

Embracing a growth mindset can lead to greater success and fulfillment, both personally and professionally. By shifting our perspective, we empower ourselves to face challenges, learn from setbacks, and continuously improve.

