

GROWTH MINDSET VS FIXED MINDSET

What is a growth mindset?

Growth mindset is when you can think that you can do it and believe in yourself and can do anything



What is a Fixed mindset?



Fixed mindset is when you think that you can't do anything

What happens when you make a mistake with a growth mindset?

You're more likely to embrace challenging tasks and work hard to improve



What happens when you make a mistake with a fixed mindset?



Those with a Fixed mindset are more likely to view critical feedback as a personal attack