



FIXED MINDSET



With a fixed mindset, you...

Believe skills, intelligence, and talent are traits that you have a certain ~~fixed~~ amount of

Beliefs

Avoid challenges because they risk exposing your weaknesses

Challenges

Give up easily in the face of challenges, believing that having to work hard means you're not good enough

Effort

Take mistakes and failures to mean you are a failure

Mistakes

Blame setbacks on others

Take feedback personally and get defensive

Feedback

Feel threatened by the success of others

Success of Others

All these things reinforce a deterministic view of the world and your own future.

