

# MINDSET

YOUR MINDSET IMPACTS YOUR SUCCESS

## FIXED MINDSET

I already know it all

I give up easily

I ignore useful feedback

I can't change how smart I was born

I don't need to practice

Mistakes and failure are bad so I avoid them

I'll never be good at this

I avoid things that require effort

## GROWTH MINDSET

I want to learn

I welcome and learn from feedback

I learn from others

I can train my brain

I will keep trying

Mistakes are learning opportunities

I can work hard to get better at something

I want to be challenged