

# Mindset Matters

MINDSET = Your Beliefs About Yourself

## Which Mindset are You Using?

### Fixed Mindset



My skills, intellect, and talents are set in stone.

VS

### Growth Mindset



My skills, intellect, and talents can be developed and grown.

## Good news! You can choose your mindset:

Check the box that matches your mindset.

Fixed	<input checked="" type="checkbox"/>	TOPIC	<input checked="" type="checkbox"/>	Growth
I need to look smart in every situation. I prove myself over and over, and never fail.		PERSONAL SUCCESS		I like to stretch myself, take risks, and learn. Bring on the challenges!
Will I succeed or fail? Will I look dumb or smart? I have an all or nothing mentality.		DECISION MAKING		Will this help me grow? Will this help me overcome some things I struggle with?
I'm a failure if I fail, and I'm an idiot if I don't know. Maybe I shouldn't try.		CHALLENGES		I'm learning and growing. This attempt failed. I'll try again.
I don't know if I can do this easily. Why bother? I won't even try.		EFFORT		I believe I can do this. When I am uncertain, I will increase my effort.
I ignore constructive criticism because it confronts my need to always succeed.		CRITICISM/ FEEDBACK		Feedback is a gift. I learn from criticism, and I figure out how to improve.
I feel threatened by others success. If you succeed, I fail, and I don't like that.		SUCCESS OF OTHERS		I find lessons and inspiration in other people's success. There is enough success to go around.

TAKE ACTION: Move your mindset from fixed to growth. The choice is yours!

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What we set our minds to believing is the power of our lives.

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