With a FIXED mindset we tend to:
* Avoid taking on challenges
* Quit or give up easily
* Be highly self-critical
* See effort as painless
* Disregard criticism
* Resent the success of others
* Criticise and judge others
* Argue for our limitations

With a GROWTH mindset we tend to:
* Embrace any challenge
* Never give up
* Practice self-compassion
* See effort as a journey
* Learn from all criticism
* Be inspired by others’ success
* Help and nurture others
* Believe in possibilities