FIXED vs GROWTH

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



ASSIST



EXTEND

ENGAGE

