GROWTH mindset

WHAT IS IT?

We used to think that our intelligence was fixed - meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle - the more we use it, the stronger (and smarter) our brain becomes.

IS YOUR MINDSET FIXED?

A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- is threatened by other people's success
- try hard to appear as smart or capable as possible

WHAT DOES A GROWTH MINDSET LOOK LIKE?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard

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