

Mindset

Date: _____

Name: _____

1. I seek approval of others

A Fixed B Growth

2. I learn from criticism

A Fixed B Growth

3. I like a challenge

A Fixed B Growth

4. I shy away if I don't know something

A Fixed B Growth

5. I want to give up

A Fixed B Growth

6. I am aware of my weaknesses

A Fixed B Growth

7. My efforts will pay off

A Fixed B Growth

8. It takes too much effort, it's not worth it

A Fixed B Growth

9. The process is important

A Fixed B Growth

10. I am threatened by others' success

A Fixed B Growth

11. I ignore useful feedback

A Fixed B Growth

12. I persist even when it's hard

A Fixed B Growth

13. I like to see others succeed

A Fixed B Growth

14. I study to learn

A Fixed B Growth

15. Failure is an opportunity to grow

A Fixed B Growth

16. I just want the end result

A Fixed B Growth

17. I want to prove myself

A Fixed B Growth

18. I avoid challenges

A Fixed B Growth