



The Mindset Continuum

FIXED

MIXED

GROWTH

DEALING WITH OBSTACLES



Give up immediately when difficulties occur.

Try for a while and continue when you see you are moving towards a solution.

Try for long periods of time, even if new obstacles occur & learn new skills to overcome the new obstacle.

EFFORT



If you try something once and fail, then you think you can't do it. You think things should come easy.

Effort is not enjoyable but is required. Prefer to do easy things.

Realize effective effort can lead to success and growth. Have experience with putting effort and seeing success.

MAKING MISTAKES



Hide mistakes or pretend it didn't happen.

Understand that mistakes will happen and you can correct them.

Sees mistakes as chances to learn new things and grow.

FEEDBACK



Ignore negative feedback because it's just a list of everything you do wrong.

Feedback is helpful if it's specific and achievable.

Accept feedback as a chance to learn and grow. Positive feedback is recognition of your growth.

OFFERED HELP



Refuse help. Think asking for help is focusing on other weaknesses.

Accept help when offered but doesn't seek if difficulties continue.

Seeks help and realize it is a chance to help you grow.