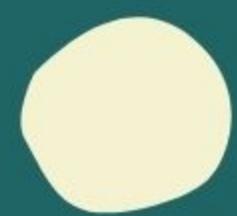




GROWTH VS FIXED MINDSET





Growth Mindset

The belief that our intelligence, skills and talents, and learning can always improve. With time, effort and experience, we will always have the potential to grow into the people we strive to be.

The growth mindset emphasizes:

- Learning from our failures rather than giving up
- Embracing criticism to improve ourselves
- Accepting new challenges
- Asking for help or guidance when needed
- Perseverance
- Being inspired by the success of others

Fixed Mindset

The belief that our intelligence, skills, talents, and abilities are fixed or permanent; no amount of effort can change or help improve ourselves.

A fixed mindset can result with a tendency to:

- Avoid challenges and other difficult obstacles
- Ignore useful criticism and feedback
- Feel jealous or threatened by the success of others
- Believe that even with hard work, nothing will change



Why is mindset so important?

Mindset can significantly affect your perceptions of life and of yourself. It also has an influence in what you do, how you do things, your plans, and the decisions you make.

A fixed mindset may discourage you from pursuing your goals and negatively affect your self-perception or self-esteem.

On the other hand, adopting a growth mindset encourages perseverance, change, resilience, and impacts self-perception of our own potential.

