

GROWTH MINDSET

The driver behind a learner's motivation and achievement

FIXED MINDSET

I already know it all

I give up easily

I ignore useful feedback

I can't change how smart I was born

I don't need to practice

I'll never be good at this

Mistakes are bad so I avoid them

I avoid things that require effort

GROWTH MINDSET

I want to learn

I welcome and learn from feedback

I learn from others

I can train my brain

I can work hard to get better at something

I will keep trying

Mistakes are learning opportunities

I want to be challenged



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