

Fixed vs. Growth Mindset Language

The essence of personal responsibility is responding wisely to life's opportunities and challenges, rather than waiting passively for luck or other people to make choices for us.

FIXED MINDSET

Continuing to do what you've been doing even when it doesn't work.

How a fixed mindset responds to challenges:

- Blame
- Make excuses
- Complain
- Repeat ineffective behaviors

GROWTH MINDSET

Changing your beliefs and behaviors to create the best results you can.

How a growth mindset responds to challenges:

- What are my options and resources?
- Seek solutions
- Take action
- Which option will help me create my desired outcome?

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU'RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

Fixed vs. Growth Mindset Activity

Change the fixed mindset language into that of a growth mindset. Keep in mind the ways that a growth mindset responds to challenges.

Fixed Mindset	Growth Mindset
1. What if I fail? I'll be a failure.	
2. I'm not sure I can do it. I just don't have the talent.	
3. If I don't try, I can protect myself and keep my dignity.	
4. This class would be so much easier if I was good at math.	
5. It's not my fault I'm on academic probation! I couldn't understand my instructor because of his accent.	
6. I would be doing a lot better in POLS if the material was interesting.	
7. I would have more friends if more people liked the same things I do.	
8. I never seem to be able to keep my notes organized.	
9. I'll never be a teacher.	
10. I'm a procrastinator. That's just the way I am.	