***\*\*Adapted from mindsethealth.com\*\****

# Growth Versus Fixed Mindset

What is a growth mindset?

A growth mindset views intelligence and talent as qualities that can be developed over time, that intelligence and talents can be improved through effort and actions, that setbacks are a necessary part of the learning process which allow people to ‘bounce back’ by increasing motivational effort.

This kind of mindset sees ‘failings’ as temporary and changeable.

Those who adopt a growth mindset are more likely to:

* Embrace lifelong learning
* Believe intelligence can be improved
* Put in more effort to learn
* Believe effort leads to mastery
* Believe failures are just temporary setbacks
* View feedback as a source of information
* Willingly embraces challenges
* View others’ success as a source of inspiration
* View feedback as an opportunity to learn

What is a fixed mindset?

In a fixed mindset, people believe attributes, such as talent and intelligence, are fixed—that's to say, they believe they’re born with the level of intelligence and natural talents they’ll reach in adulthood.

A fixed-minded person usually avoids challenges in life, gives up easily, and becomes intimidated or threatened by the success of other people. This is in part because a fixed mindset doesn't see intelligence and talent as something you develop—it's something you "are."

Fixed mindsets can lead to negative thinking. For instance, a person with a fixed mindset might fail at a task and believe it's because they aren't smart enough to do it.

People with a fixed mindset believe individual traits cannot change, no matter how much effort you put in, and are more likely to:

* Believe intelligence and talent are static
* Avoid challenges to avoid failure
* Ignore feedback from others
* Feel threatened by the success of others
* Hide flaws so as not to be judged by others
* Believe putting in effort is worthless
* View feedback as personal criticism
* Give up easily