MINDSET

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Based on the book by Carol S. Dweck, Ph.D.

“The view you adopt for yourself profoundly affects the way you lead your life!”

FIXED MINDSET GROWTH MINDSET

(Intelligence is static) (Intelligence can be developed) Leads to a desire to look smart Leads to a desire to learn and And therefore a tendency to…. Therefore a tendency to…

CHALLENGES

…avoid challenges …embrace challenges

OBSTACLES

…get defensive or give up easily …persist in the face of setbacks

EFFORT

…see effort as fruitless or worse …see effort as the path to mastery

CRITICISM

…Ignore useful negative feedback …learn from criticism

SUCCESS OF OTHERS

…feel threatened by the …finds lessons and inspiration

success of others in the success of others

What are the opportunities for learning and growth today? For me? For the people around me?

When, where and how will I embark on my plan?

When where and how will I embark on my NEW plan?

What do I have to do to maintain and continue the growth?