

Carol Dweck-author of "Mindset" -says "There is a link between our beliefs and behaviors."

TRAIT	FIXED MINDSET	GROWTH MINDSET
Traits	Character, intelligence, creativity can't change-stagnate	Traits can be developed throughout life
Challenges	Avoids Challenges	Thrives on challenges
Failures	Avoids Failures	Views failures as a time to stretch ourselves
Obstacles	Gives up easily	Persists in the face of setbacks
Effort	Sees effort as fruitless	Sees effort as the pathway to mastery
Criticism/ Negative Feedback/ Correction	Ignores useful negative feedback/correction	Learn from criticism & feedback
Success of Others	Threatened by the success of others	Finds lessons & inspiration in the success of others
Approval	Hunger for approval	Passion for learning