

FIXED MINDSET

INTELLIGENCE IS **STATIC**



GROWTH MINDSET

INTELLIGENCE IS **FLUID**



Leads to a desire to **look smart** and therefore a tendency to...

Leads to a desire to **learn** and therefore a tendency to...

avoid **CHALLENGES** embrace

give up easily **OBSTACLES** the path to mastery

fruitless or worse **EFFORT** persist in the face of setbacks

ignore useful negative feedback **CRITICISM** learn from criticism

feel threatened by it **SUCCESS OF OTHERS** find lessons and inspiration in it

As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic** view of the world.

As a result, they reach ever-higher levels of achievement.

All this gives them a greater sense of **free will**.

Created by Nigel Holmes, from Mindset: The New Psychology of Success by Carol S. Dweck. Used with permission.

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