

Growth vs. Fixed Mindsets

Category	Fixed Mindset	Growth Mindset
personality	static, fixed	dynamic, changeable
cause of emotions	circumstances, people	internal conditions
power of habitual mind	victimized by it	harnessed for good
capabilities	innate, static	cultivated, developed
effort	pointless without immediate talent	critical to the development of mastery
challenging goals and efforts	to be avoided	to be sought
failures	taken personally, evidence of inadequacy	what's a failure?
relationship to healthy pain and discomfort	avoided at all costs	fully embraced
difficulties and hindrances	opportunities to quit	opportunities to grow and begin again
criticisms	threatening, to be negated or ignored	welcomed, to be embraced as an opportunity
close relationships	bonds are static or fracture over time	bonds deepen over time
other successful people	viewed with suspicion, judgment, and jealousy	viewed with respect, admiration, and inspiration
end result	stagnate early in life, every year is about the same as the last	incessant growth, every year is guaranteed to be better than the last