

Dweck's two mindsets



FIXED MINDSET

Avoid challenges

Give up easily

See effort as fruitless

Ignore useful negative feedback

Feel threatened by the success of others

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



GROWTH MINDSET

Embrace challenges

Persist in the face of setbacks

See effort as the path to mastery

Learn from criticism

Find lessons in the success of others

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