

Growth Mindset Moments answer sheet



1. A challenge occurs:

Fixed Mindset: I need to avoid the challenge. Failing this challenge will define me as a person.

Growth Mindset: I will take the challenge. A challenge is an opportunity to learn and grow.

2. You're meeting a successful person:

Fixed Mindset: Another person's success makes me feel threatened and it enforces the idea further that I am lacking certain skills

Growth Mindset: What can I learn from this person? How does she or he inspire me?

3. You receive criticism:

Fixed Mindset: Criticism says something about me personally and is therefore a personal attack. I need to avoid it at all times

Growth Mindset: Receiving criticism is helpful and can enforce my growth further. It's an important tool for feedback

4. You have to work hard to make a deadline

Fixed Mindset: Working hard means that I am not talented. If I was good at this, I wouldn't have to work hard.

Growth Mindset: this is the only way to be successful.



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