

	Challenges	Obstacles	Effort	Criticism	Success of Others
<b>Fixed Mindset:</b>  <b>Leads to a desire to look <u>smart</u> and therefore a tendency to...</b>	...avoid challenges	...give up easily	...see effort as fruitless or worse	...ignore useful negative feedback	...feel threatened by the success of others
<b>Growth Mindset:</b>  <b>Leads to a desire <u>to learn</u> and therefore a tendency to...</b>	...embrace challenges	...persist in the path to mastery	...see effort as the path to mastery	...learn from criticism	...find lessons and inspiration in the success of others

Adapted from: Dweck, Carol. Mindset: The Psychology of Success. Random House, 2006.