

Fixed Mindset vs. Growth Mindset Vocabulary

Growth Mindset Definition: A belief that you can accomplish your goals, desires, and dreams through hard work, self-confidence, effort, and a positive attitude. Your intelligence and potential is not limited or fixed. You can grow in unlimited ways. You confront failure with an attitude that you just need to try harder.

Fixed Mindset Definition: A belief that your intelligence is fixed. Some things you can do and some things you will never be able to do. You shy away from challenges and you live your life without expecting to ever reach a higher potential. You confront failure with an attitude of giving up rather than trying harder.

Growth Mindset Language Examples:

- I believe I can get better.
- I am not good at this... yet.
- I need to figure out what I'm missing.
- Math is challenging for me, but I know I can improve.
- I am going to learn how they do it.
- What other strategies or tactics can I employ?
- Failures can help me learn.
- Today's effort is worth tomorrow's reward.
- I need to keep trying for a little longer.
- I will continue to practice and eventually it will be second nature to me too.
- Who can I ask for feedback/ feedforward/ advice?
- This is a minor setback and an opportunity to learn. I will keep going.

Fixed Mindset Language Examples:

- Either I'm good at something, or I'm not.
- I can't learn now. It's too late / I'm too old.
- There's no point in trying if I'm going to fail.
- I take feedback as a personal attack. People are always criticizing me to hurt me.
- I feel threatened/intimidated by the success of others.
- I can't make this any better; it is what it is.

- My current abilities are the measure of my outcomes.
- I already know everything I need to know
- We've always done it that way
- I know how that's done. There is only one way and that is my way
- I'm just not good at that. I don't have the natural talent for it.
- People who are naturally smart don't need to try hard to succeed.

Fixed vs. Growth Mindset Activity

Change the 10 fixed mindset language examples below into that of a growth mindset. Keep in mind the ways that a growth mindset responds to challenges and setbacks.

FIXED MINDSET LANGUAGE	GROWTH MINDSET LANGUAGE
1. What if I fail? I'll be a failure.	
2. I'm not sure I can do it. I just don't have the talent.	
3. If I don't try, I can protect myself and keep my dignity.	
4. This project would be so much easier if I was good at math.	
5. That's the way it's done. We've always done it this way	



Leadrise Coaching

by Merve Kagitci Hokamp

<p>6. I would be doing a lot better in this job if I was also friends with my manager just like my colleague, Bob.</p>	
<p>7. I would have more friends if more people liked the same things I do.</p>	
<p>8. I never seem to be able to keep my notes organized.</p>	
<p>9. I'll never be a successful entrepreneur. I'm not cut out for it.</p>	
<p>10. I'm a procrastinator. That's just the way I am.</p>	