

GROWTH MINDSET CHART

WHAT IS A GROWTH MINDSET?

According to Stanford University Professor, Carol Dweck, people tend to hold one of two different beliefs about intelligence:

People with a **FIXED MINDSET** believe intelligence is fixed at birth—like eye color—and doesn't change or changes very little with practice. Children with a fixed mindset see school as a place where their abilities are evaluated, they focus on looking smart over learning, and they interpret mistakes as a sign that they lack talent.

People with a **GROWTH MINDSET** believe that intelligence can be developed—like a muscle. Children with a growth mindset see school as a place to develop their abilities and think of challenges as opportunities to grow.

PRESS
PLAY
DEVOTIONAL

WHAT CAN I
LEARN FROM
SOMEONE
WHO DOES IT
BETTER?

I CAN
DO HARD
THINGS.

MISTAKES
HELP ME
LEARN.

I FEEL GOOD
WHEN I DO MY
BEST WORK.

EVERYTHING I
DON'T KNOW
IS SOMETHING
I CAN LEARN.

SOMETIMES
I WIN,
SOMETIMES
I LEARN.

WHATEVER
HAPPENS,
WE CAN
HANDLE IT.