

GROWTH MINDSET VS FIXED MINDSET - WHICH ONE DO YOU HAVE?

Growth Mindset

Believe the sky is the limit and they can achieve whatever they put their mind and effort towards

Believe that effort, faith and God's favor can match or beat advantage anytime

Tend to be healthier and get sick less often. This comes from their optimistic outlook on life, which makes them happier.

Driven by possibility



They have learned how to gain wisdom, learn from, (but most of all) grow from their mistakes. They have the ability to take a bad situation and turn it around. In other words, they've mastered how to "make lemonade out of lemons"

Not afraid to make mistakes or look foolish for the sake of pursuing and achieving a goal

Believe that others have it easier, while they have it harder or that bad things always happen to them and good things happen to everyone else

Believe they are stuck with what they are born with, and their skills and abilities can't be improved upon

They often get sick. This comes from their immune system being suppressed due to stress and their constant pessimistic attitude. They are also more likely to be depressed, which only compounds their illness and takes them longer to recover.

Driven by fear



Constant need to prove self over and over

Become discouraged when obstacles and set backs come and want to "throw in the towel". More likely to beat themselves up when they make a mistake

Fixed Mindset