

GROWTH MINDSET

FIXED MINDSET

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I already know it all

I want to learn

I give up easily

I welcome and learn from feedback

I ignore useful feedback

I learn from others

I can't change how smart I was born

I can train my brain

I don't need to practice

I can work hard to get better at something

I'll never be good at this

I will keep trying

Mistakes are bad so I avoid them

Mistakes are learning opportunities

I avoid things that require effort

I want to be challenged

