

Fixed Mindset

- I can't I hate I'll never
 - Having to work at something indicates lack of ability.
 - Need to affirm or prove ability
 - Will not engage with something that threatens sense of high ability or that will reveal deficiency.
 - Only engaged/interested when doing well.
- Inaccurate in estimating abilities
- Talented or you have to work at it
 - Effort is a big risk—if you work at something and don't succeed, then your lack of superiority/ability is evident.

(can lead to regret later for not even trying)

Growth

- Love of challenge
 - Curiosity
 - Belief in payoff of effort
 - Resilience in face of setbacks
 - Greater/more creative success
 - Much more receptive to criticism/feedback and get better results after it.
 - Instead of proving ability, improve ability
 - Much more accurate in estimating abilities
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- Inspired by success of others
 - Big effort is a big opportunity to grow and achieve big things!