

Flip the Switch: Change the Fixed Statements to Growth Statements

1. Intelligence is something people are born with that can't be changed.
2. You are a certain kind of person, and there is not much that can be done to really change that.
3. Only a few people will be truly good at sports—you have to be “born with” ability.
4. Math is much easier to learn if you are male or come from a culture that values math.
5. Trying new things is stressful for me and I avoid it.
6. Some people are good and kind, and some are not; it's not often that people change.
7. I often get angry when I get negative feedback about my performance.

8. You can learn new things, but you can't really change how intelligent you are.

9. You can do things differently, but the important parts of who you are can't really be changed.

10. Truly smart people do not need to try hard.

Adapted from MindsetOnline, Carol Dweck, (n.d.). Retrieved from <https://mindsetonline.com/testyourmindset/step1.php>

