



# Growth Mindset

## Intelligence can be developed

Leads to a desire to learn  
and therefore a tendency to...

People who hold the Growth Mindset believe that intelligence can be developed, that the brain is like a muscle that can be trained. This leads to the desire to improve.



...embrace challenges

And how do you improve? First, you embrace challenges, because you know that you'll come out stronger on the other side.



...persist in the face of setbacks

Similarly, obstacles - external setbacks - do not discourage you. Your self-image is not tied to your success and how you will look to others; failure is an opportunity to learn, and so whatever happens you win.



...see effort as the path to mastery

Effort is seen not as something useless to be avoided but as necessary to grow and master useful skills.



...learn from criticism

Criticism and negative feedback are sources of information. That doesn't mean that all criticism is worth integrating or that nothing is never taken personally, but at least the Growth Mindset individual knows that he or she can change and improve, so the negative feedback is not perceived as being directly about them as a person, but rather about their current abilities.



...find lessons and inspiration in the success of others

The success of others is seen as a source of inspiration and information. To Growth Mindset individuals, success is not seen as a zero-sum game.

As a result, they reach ever-higher levels of achievement.

All this gives them a greater sense of free will

And so, Growth Mindset individuals will improve and this will create a positive feedback loop that encourages them to keep learning and improving. Of course, most people do not have a 100% Fixed mindset or a 100% Growth mindset; most of us have some of both.

The good news is that it is possible to change your worldview from a fixed mindset to a growth mindset. And Carol Dweck's research indicates that both children and adults can be taught to change their mindset!