# GROWTH MINDSET

# VS

# FIXED MINDSET

| GROWTH MINDSET | FIXED MINDSET |
| --- | --- |
| EMBRACES CHALLENGES | AVOIDS CHALLENGES |
| LEARNS FROM FEEDBACK AND CRITICISM | IGNORES CRITICISM |
| INTELLIGENCE AND TALENT CAN BE DEVELOPED | INTELLIGENCE AND TALENT IS FIXED |
| MORE EFFORT | LESS EFFORT |
| NEVER GIVES UP | GIVES UP EASILY |
| KEEPS TRYING AFTER SETBACKS | I AM A FAILURE |
| INSPIRED BY OTHERS SUCCESS | THREATENED BY THE SUCCESS OF OTHERS |
| LEARN FROM FAILURE | I WILL NEVER IMPROVE |
| ACCEPT THAT THINGS TAKE TIME AND HARD WORK | WHY SHOULD I BOTHER? |
| KEEP LEARNING | |

COMMUNITY FUND

MENTAL HEALTH CHARITY T.A.M.H.I