Fixed
Mindset
Carol Dweck

Intelligence is static.
Leads to a desire to LOOK SMART and therefore a tendency to:
- AVOID CHALLENGES
- GIVE UP EASILY DUE TO OBSTACLES
- SEE EFFORT AS FRUITLESS
- IGNORE USEFUL FEEDBACK
- BE THREATENED BY OTHERS' SUCCESS

Growth
Mindset

Intelligence can be developed
Leads to a desire to LEARN and therefore a tendency to:
- EMBRACE CHALLENGES
- PERSIST DESPITE OBSTACLES
- SEE EFFORT AS PATH TO MASTERY
- LEARN FROM CRITICISM
- BE INSPIRED BY OTHERS' SUCCESS