Figure 7.3 Two Mindsets

**TWO MINDSETS**

**1. FIXED MINDSET**
- Intelligence is static
- Leads to a desire to look smart and therefore a tendency to...
  - ...avoid challenges
  - ...give up easily
  - ...see effort as fruitless or worse
  - ...ignore useful negative feedback
  - ...feel threatened by the success of others

**CHALLENGES**
- Leads to a desire to learn and therefore a tendency to...
- ...embrace challenges
- ...persist in the face of setbacks
- ...see effort as the path to mastery
- ...learn from criticism
- ...find lessons and inspiration in the success of others

**GROWTH MINDSET**
- Intelligence can be developed
- All this gives them a greater sense of free will.
- They reach ever-higher levels of achievement.

**FIXED MINDSET RESULT**
- They may plateau early and achieve less than their full potential.