

Figure 6.2 Two-Column Chart That Contrasts the Growth and Fixed Mindset

**Growth Mindset:
Ability
Can Be Developed**

Leads to a desire
to learn and
therefore tending to:



Welcome 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

**Fixed Mindset:
Ability Is Stable**

Leads to a desire to
look smart
and therefore tending to:



Avoid challenges

Give up easily

See effort as fruitless or
worse

Ignore useful negative
feedback

Feel threatened by success of
others

Results in:



Higher
achievement



Plateau early and
achieve less