

# Fixed vs Growth Mindset

I am not good at this.



I am not good at this YET,  
but I will learn.

This is too hard.



I will need to make an  
effort to do this.

This is too easy.



How can I make this more  
challenging and push myself?

I can't do this ... I give up.



It might help to get feedback  
and support from others.

I won't try because I don't  
like to make mistakes.



I can learn from my mistakes.

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