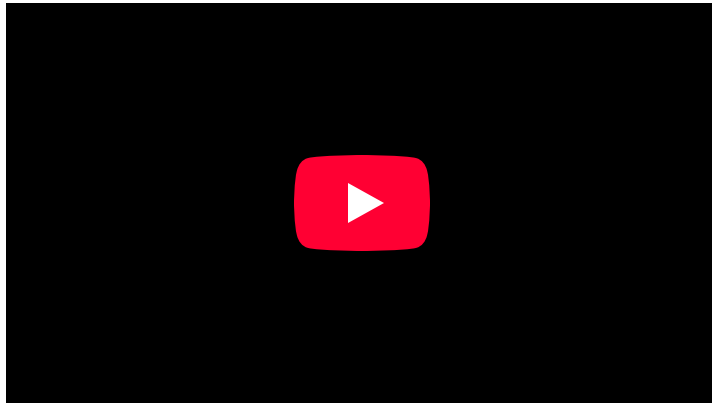


7.3: Review Growth vs Fixed Mindset

Review: Growth Mindset and Fixed Mindset

When it comes to cultivating a growth mindset, we all have room for improvement. How can you continue to work towards improving upon your mindset?

First: Let's review the differences between a growth mindset and a fixed mindset:



Then, compare common responses for each mindset on the graphic below. Consider how you tend to react in certain situations. Be honest with yourself as you reflect upon where you are and how you can grow your mindset.

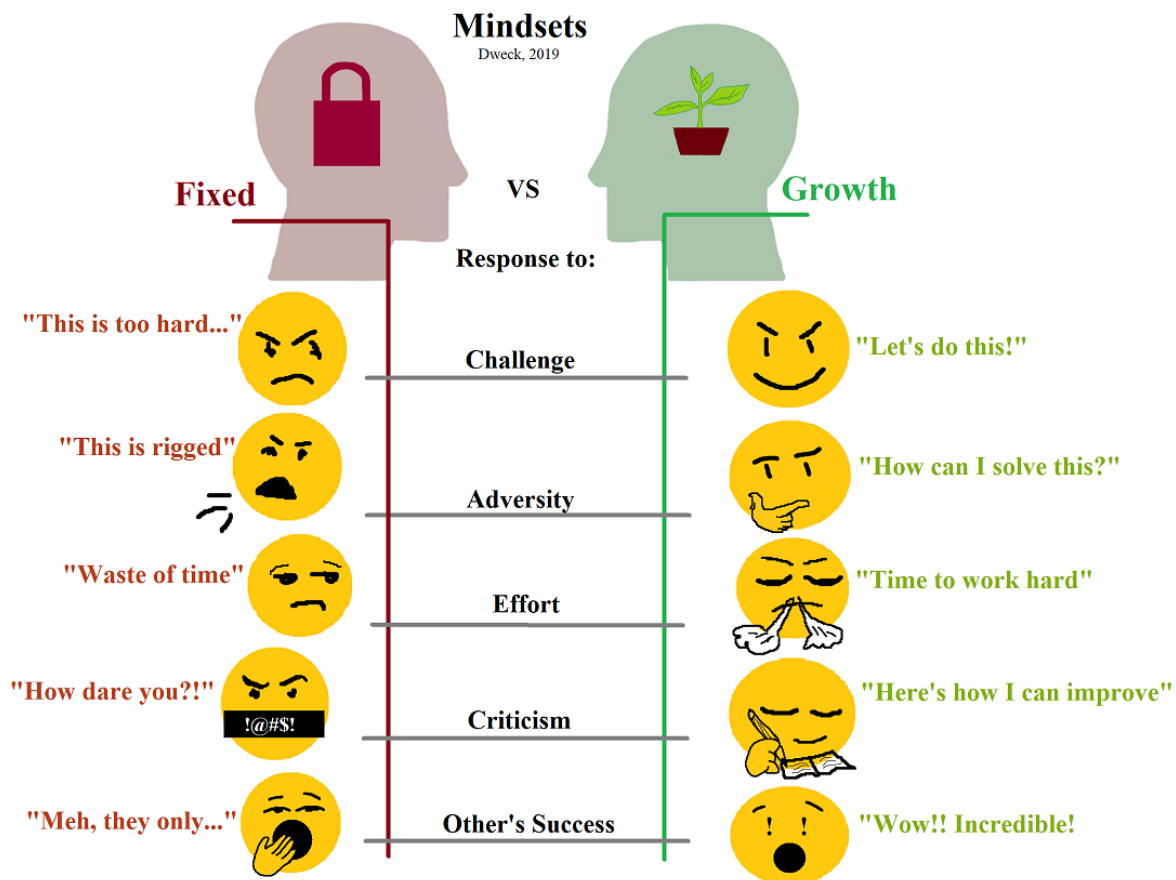


Image Source: [Mindset Comparison](#)

7.3: Review Growth vs Fixed Mindset is shared under a CC BY 4.0 license and was authored, remixed, and/or curated by Jamie Hammond and Western Technical College.