

# Two Kinds of Mindsets

Mindset: The New Psychology of Success by Carol S. Dweck

## Fixed Mindset

- Believes basic intelligence is a fixed trait
- Success is due to ability and not effort
- Success is based in winning.
- Feels comfortable when the risk is not greater than their ability
- Gives up easily when the task becomes a struggle
- Believes “nothing ventured, nothing lost”
- A failed attempt means “I’m a failure”

## Growth Mindset

- Believes intelligence is something that can be developed
- Intelligence can be improved through passion, study, effort, and education
- Sees the brain as a muscle that can be developed
- Believes effort ignites ability and turns it into accomplishment
- Feels comfortable when there is risk that creates challenge to ability
- Believes “nothing ventured, nothing gained”
- A failed attempt means “I failed that time”