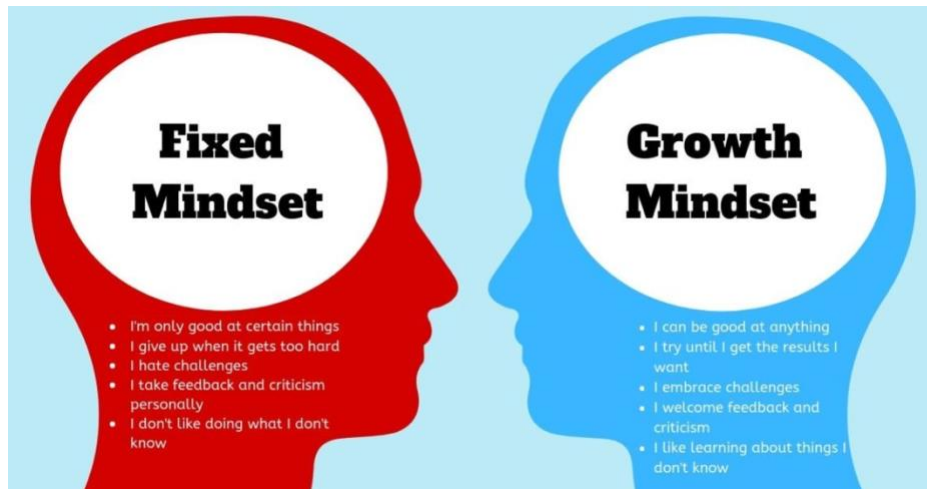


Growth Mindset Assessment

It is not just our abilities and talent that bring us success – but whether we approach our goals with a fixed or growth mindset. To find out more behind this idea look at the Mindset video link or reach for the book – Mindset by Dr Carol S. Dweck



Complete the short diagnostic on the following page and then consider the questions below:

Which area do you believe needs shifting to the right-hand side of the scale?

What actions can you take to make the shift?

FIXED	Always	Some-times	50:50	Some-times	Always	GROWTH
I believe you are born with core skills and you can't make a real difference through learning & growth						I believe skills are built and that I can learn and grow
I focus my attention on my Performance Outcomes (focusing on making sure I don't look bad)						I focus on the process so that I can learn along the way
Effort is not necessary or useful – I can't see the value in putting in effort and getting outside my comfort zone.						I see making effort as a useful way to learn and grow.
I see challenges as a threat – I tend to back down and avoid challenging situations						I actively seek out challenges, embracing them and seeing them as an opportunity to learn and get better
I hate making mistakes and I get discouraged when I make them. It takes a long time for me to bounce back						I see mistakes as an opportunity to learn and to get better.
I don't find negative feedback helpful. I tend to take it personally and I can get defensive.						I appreciate all feedback and I use it to improve