

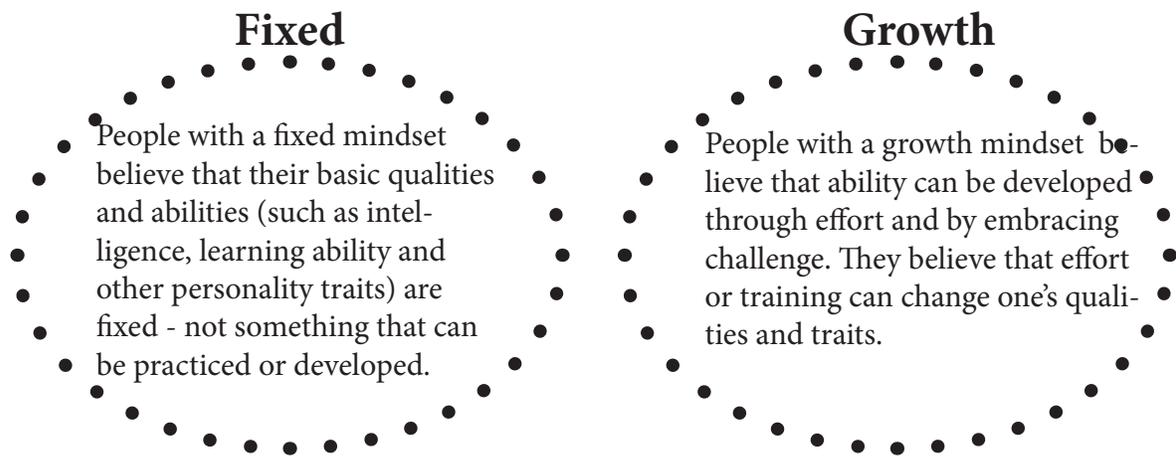


INTRODUCTION TO MINDSET

Do you see opportunities or failures? Your mindset stems from our own set of powerful beliefs; You have a choice on how you view the world (and yourself) by changing your mindset.

What is Mindset theory?

Mindset Theory developed by Carol Dweck, Phd. proposes that people have a tendency to believe that their basic psychological attributes, such as their intelligence or personality are either fixed (static) or mutable and can be changed.



Cultivating a Growth Mindset

Own Your Attitude

Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your educational career.

Fail Forward

Embrace your imperfections, and learn from them. Reframe the situation in your mind, consider your challenge as an opportunity to learn something valuable from your experience.

Stretch your limits

When you value the process over the end result, you give yourself permission to be imperfect. When you push yourself, you can surpass even your own expectations.

Use the word “yet.”

Not yet indicates you are learning on a curve, and creates a path to future learning. When you feel you are struggling with a task or a goal, instead of succumbing to failure, tell yourself you just haven't mastered it yet.



MINDSET ASSESSMENT

BASED ON CAROL DWECK'S MINDSET THEORY

Read each sentence and place a check in the box that shows how much you agree or disagree with the statement. There are no wrong or right answers.

	Stongly Agree	Agree	Disagree	Strongly Disagree
1. Intelligence is something people are born with that can't be changed.				
2. No matter how intelligent you are, you can always be more intelligent.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that.				
5. You can always change basic things about the kind of person you are.				
6. Music talent can be learned by anyone.				
7. Only a few people will be truly good at sports – you have to be “born with it.”				
8. Math is much easier to learn if you are male or maybe come from a culture who values math.				
9. The harder you work at something, the better you will be at it.				
10. No matter what kind of person you are, you can always change substantially.				
11. Trying new things is stressful for me and I avoid it.				
12. Some people are good and kind, and some are not – it's not often that people change.				
13. I appreciate when people give me feedback about my performance.				
14. I often get angry when I get feedback about my performance.				
15. All human beings are capable of learning.				
16. You can learn new things, but you can't really change how intelligent you are.				
17. You can do things differently, but the important parts of who you are can't really be changed.				
18. Human beings are basically good, but sometimes make terrible decisions.				
19. An important reason why I do my work is that I like to learn new things.				
20. Truly smart people do not need to try hard.				



DISCOVER YOUR SCORE

Section 1

Strongly Agree = 0 points
Agree = 1 point
Disagree = 2 points
Strongly Disagree = 3 points

Tally your score for each section.

Section 1 Score: _____

Question 1 - _____	Question 12 - _____
Question 4 - _____	Question 14 - _____
Question 8 - _____	Question 16 - _____
Question 11 - _____	Question 17 - _____



Section 2

Strongly Agree = 3 points
Agree = 2 point
Disagree = 1 points
Strongly Disagree = 0 points

Tally your score for each section.

Section 2 Score: _____

Question 2 - _____	Question 10 - _____
Question 3 - _____	Question 13 - _____
Question 5 - _____	Question 15 - _____
Question 6 - _____	Question 18 - _____
Question 9 - _____	Question 19 - _____

Your Overall Mindset Score (total of both sections) : _____

Interpreting your score

Strong Growth Mindset = 45 – 60 points
Growth Mindset with some Fixed ideas = 34 – 44 points
Fixed Mindset with some Growth ideas = 21 – 33 points
Strong Fixed Mindset = 0 – 20 points

Ready to learn how to increase your growth mindset?

*Contact Coach Sandra at
SandraOCoaching@gmail.com
to learn about an upcoming online course!*