

# TWO MINDSETS

CAROL S. DWECK, Ph.D.

Graphic by  
Nigel Holmes

## Fixed Mindset

Intelligence is static



Leads to a desire  
to look smart  
and therefore a  
tendency to...

### CHALLENGES

...avoid  
challenges

### OBSTACLES

...give up  
easily

### EFFORT

...see effort as  
fruitless or worse

### CRITICISM

...ignore useful  
negative feedback

### SUCCESS OF OTHERS

...feel threatened  
by the success  
of others

As a result, they may plateau early  
and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

## Growth Mindset

Intelligence can be developed



Leads to a desire  
to learn and  
therefore a  
tendency to...

...embrace  
challenges

...persist in the  
face of setbacks

...see effort as  
the path to mastery

...learn from  
criticism

...find lessons and  
inspiration in the  
success of others

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**