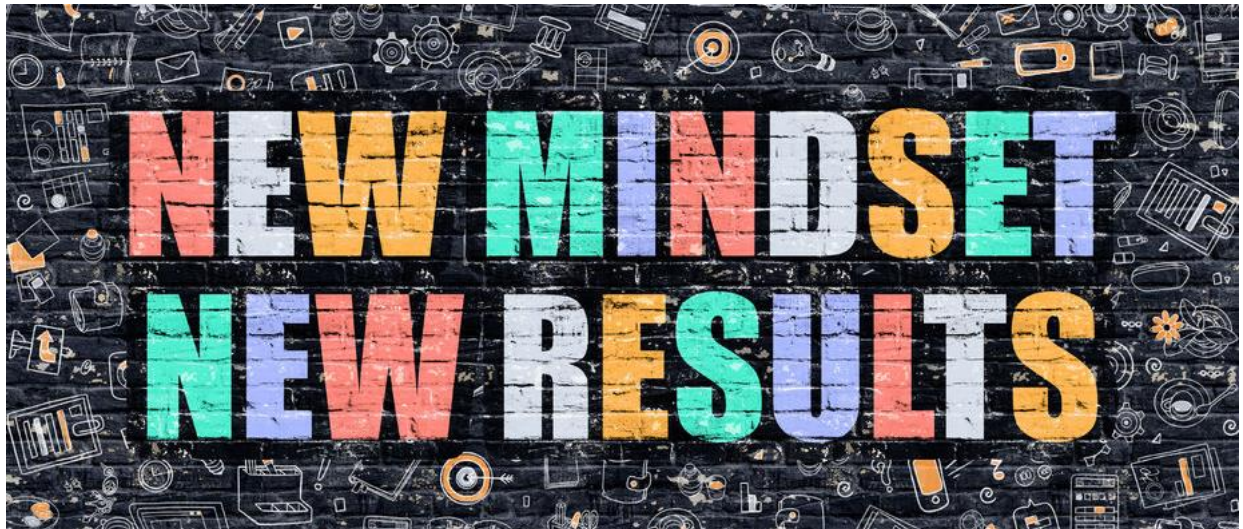


Mindset Cheat Sheet: Are You Ready For Change?

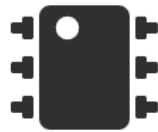


STAGNANT MINDSET: DESIRE TO APPEAR PROFICIENT IN THIS AREA, THEREFORE...

GROWTH MINDSET: DESIRE TO LEARN AND THEREFORE....

CHALLENGES

...Tendency to avoid challenges



...Embraces challenges

OBSTACLES

...Tendency to give up easily



...Persists in the face of setbacks

EFFORT

...Tendency to see effort as meaningless



...Sees effort as a path to mastery

CRITICISM

...Tendency to ignore useful feedback



...Learns from criticism

SUCCESS OF OTHERS

...Tendency to feel threatened by others' success



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