

FIXED MINDSET

GROWTH MINDSET

"You are who you are."
People can't really change.

BELIEF

You can learn and change for the better.

... to be avoided

CHALLENGE

... to be embraced

Ignores or resents constructive feedback.

CRITICISM

Listens to and learns from constructive feedback.

Seen as punishment.
Takes the path of least resistance.

DISCIPLINE

Seen as a way of achieving goals and improving quality of life.

Not worth the effort.
Sees self-awareness as unnecessary.

MINDFULNESS

Unlocks a greater experience of presence and aliveness.

Gives up easily.

OBSTACLES

Perseveres.

Protective and defensive.
Feels threatened by others.

RELATIONSHIPS

Engaged and giving.
Looks to interact in mutually beneficial ways.

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