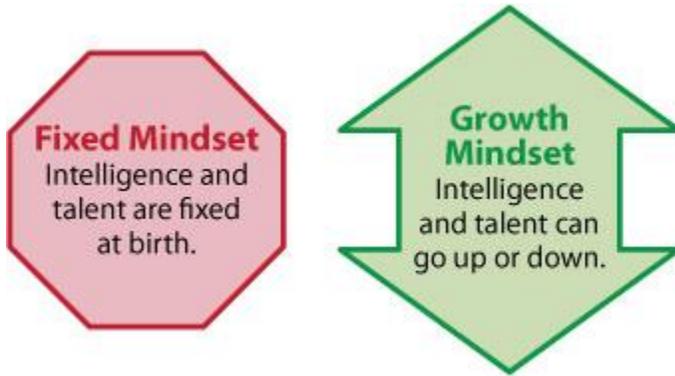


What Is Mindset?

Your mindset is the way that you think about learning. A **fixed mindset** means that you think you are either good or bad at something and can't change. A **growth mindset** means that you expect to improve your ability with practice.



Developing a growth mindset can help you learn any subject. One way to develop a growth mindset is to replace fixed thoughts with thoughts focused on growth.

Don't Say	Do Say
I'm so stupid.	What am I missing?
I'm awesome at this.	I seem to be on the right track.
I just can't do math.	I'm going to train my brain in math.
This is too hard.	This is going to take some time.
She's so smart, she makes me sick.	I'm going to figure out how she's doing it.
It's fine the way it is, and yours isn't any better.	That's an interesting idea for improvement.