



# LET'S TALK ABOUT *Creativity*

## WHAT KIND OF MINDSET DO I HAVE?

FIXED MINDSET 	GROWTH MINDSET 
<p>Someone with a <b>fixed mindset</b> believes our basic abilities (intelligence, talents) are static. That is, we live with what we're born with; we don't have the capacity to learn, grow and change.</p> <p>Common examples are: <i>"I'm too old for this"</i>, <i>"I'm not good with new technology"</i>, <i>"I already know what works for me"</i>.</p>	<p>Someone with a <b>growth mindset</b> knows that the brain changes and grows when we use it. Learning is everything; our intelligence and talents can be developed and improved. When we encounter failure, we understand it's an opportunity to learn.</p> <p>Common examples are: <i>"I haven't learned how to do this properly...yet."</i>, <i>"This may take some time."</i>, <i>"Is this really my best effort?"</i></p>

\*Theory developed by Stanford University professor, Carol Dweck

## *Change Your Words, Change Your Mindset*

### FIXED MINDSET

1. I'm not good at this.
2. I cannot make a mistake.
3. This is the only way.
4. It needs to be perfect.
5. I cannot fix this.

### GROWTH MINDSET

*I am not good at this... yet.*

---

---

---

---

---

