



BFI-Growth Mindset Video:

<https://vimeo.com/266651394/841235a747>

**FIXED MINDSET**

**MINDSET**  
CHARACTERISTICS

**GROWTH MINDSET**

SKILLS ARE BORN  
YOU CAN'T LEARN & GROW

**BELIEFS**

SKILLS ARE BUILT  
YOU CAN LEARN & GROW

PERFORMANCE & OUTCOMES  
NOT LOOKING BAD

**FOCUS**

THE PROCESS  
GETTING BETTER

**KEYS TO GROWTH**

NOT NECESSARY  
NOT USEFUL



**EFFORT**

USEFUL  
WILL LEAD TO GROWTH

BACK DOWN & AVOID  
FRAME AS A THREAT



**CHALLENGES**

EMBRACE & PERSEVERE  
FRAME AS AN OPPORTUNITY

HATE THEM & GET DISCOURAGED  
TRY TO AVOID MAKING THEM



**MISTAKES**

USE THEM TO LEARN  
TREAT THEM AS OPPORTUNITIES

NOT HELPFUL  
GET DEFENSIVE & TAKE PERSONALLY



**FEEDBACK**

USEFUL INFORMATION  
APPRECIATE IT & USE IT TO GROW