**Fixed Mindset**

Intelligence is static

- Leads to desire to look smart and therefore a tendency to ...
  - Avoid challenges
  - Give up easily when faced with obstacles
  - See effort as pointless or worse
  - Ignore criticism or useful negative feedback
  - Feel threatened by success of others

As result, they may plateau early and achieve less than their full potential

All this confirms a deterministic view of the world

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**Growth Mindset**

Intelligence can be developed

- Leads to desire to learn and therefore a tendency to ...
  - Embrace challenges
  - Persist in the face of setbacks
  - See effort as the path to mastery
  - Learn from criticism
  - Find lessons and inspiration in the success of others

As a result, you reach ever-higher levels of achievement

All this gives you a greater sense of free will