

Self-Evaluation Tool
Do I have a Fixed Mindset or a Growth Mindset?

Area of Life	Fixed Mindset	Yes - Fixed	Growth Mindset	Yes - Growth
Challenge	I tend to avoid challenge due to fear.	<input type="checkbox"/>	I embrace challenge. I am ready to take them on to gain insight from what the challenge could offer.	<input type="checkbox"/>
Feedback and Criticism	I do not like to receive feedback and criticism. I am not receptive to it.	<input type="checkbox"/>	I view feedback as an opportunity to learn and improve. I am receptive to feedback.	<input type="checkbox"/>
Intelligence and Talent	I believe that intelligence and talent are static traits. I live from the principle that people are either dumb or smart and stay that way.	<input type="checkbox"/>	I believe that intelligence and talent are dynamic traits. I can be work on improving my level of intelligence and talent. I can acquire new skills where it is lacking.	<input type="checkbox"/>
Effort	I do not value effort. I tend to give up easily.	<input type="checkbox"/>	I place high value on effort and do not give up easily. I tend to be goal oriented with an appreciation for the role of effort in goal accomplishment.	<input type="checkbox"/>
Other people's success	I tend to dwell in the realm of envy, jealousy and insecurity when presented with other people's success.	<input type="checkbox"/>	I get inspired by other people's success. I extend myself if necessary to see other people succeed.	<input type="checkbox"/>
Fear of Failure	I get stuck and am fearful in the face of failure. I tend to lose belief in the myself and this becomes the reasons for more failure.	<input type="checkbox"/>	I view failure as an opportunity to gain more knowledge, and seek to identify the learning that is available within every setback/failure	<input type="checkbox"/>
Learning	I do not like to learn new things. I tend to offer excuses and resistance when new information is presented.	<input type="checkbox"/>	I am committed to a life of learning and consider myself as a "Life Long Learner".	<input type="checkbox"/>

Weakness/Personal Shortcomings	I view my shortcomings and limitations as unchangeable and that I have to live with them forever.	<input type="checkbox"/>	I view my limitations as temporary hurdles that can be overcome/transformed/reframed with the right perspectives, knowledge and understanding.	<input type="checkbox"/>
Process	I tend to focus on the end result and do not place a great deal of emphasis or value on the approach or process.	<input type="checkbox"/>	I tend to focus on the process and the application of the right approach to get to the end result.	<input type="checkbox"/>