

# Michael Mac's Summary: Growth Mindset vs Fixed Mindset

No.	Area	Fixed	Growth
1	Abilities & Work	Innate & unchangeable	Improve through focus and practice
2	Failure	View failures as permanent	View failure as a chance to learn and improve/pivot
3	Critical Feedback	View as personal attack	View as a chance to improve
4	Task Selection	Choose easier tasks Puts in minimal effort	Embrace challenging tasks Work hard to improve
5	Ability to finish difficult tasks when faced with obstacles	Gives up when faced with an obstacle	View obstacles as a chance to experiment and learn by solving new problems
6	External Validation	Focus on measurable accomplishments	Focus on continual improvement
7	Risks & being courageous	Less likely to take risks or face our fears	Embrace risks as a way to innovate & improve
8	Other people's success	Is intimidated / jealous and feels like a failure relative to the successful person	Is inspired by other people's success

Useful for Financial Competence, Trading & Investing, Physical Health, Mental Health, Any Skill, Career, Raising Kids, Relationships & anything else really!

**Growth Mindset Definition:** People who believe that their success depends on time and effort. People with a growth mindset feel their skills and intelligence can be improved with effort and persistence. They embrace challenges, persist through obstacles, learn from criticism and seek out inspiration in others' success. Those who hold a growth mindset believe that they can get better at something by dedication of time, effort and energy. Working on one's flaws, and the process—not the outcome—are the most important components. With time and practice, people with a growth mindset believe they can achieve what they want.

**Fixed Mindset Definition:** People who see their qualities as fixed traits that cannot change. With a fixed mindset, talent is enough to lead to success and effort to improve these talents isn't required: one is born with a certain amount of skill and intelligence that can't be improved upon. Those who hold a fixed mindset believe that they are either good or bad at something based on their inherent nature. For instance, someone with a fixed mindset might say "I'm a natural born soccer player" or "I'm just no good at soccer," believing that their athletic skills can't be developed. Those with fixed mindsets may avoid challenges, give up easily and ignore useful negative feedback.

# Great Growth Mindset Resources

The best short video explainer of key parts of growth & fixed mindsets:

[https://www.youtube.com/watch?v=M1CHPnZfFmU&ab\\_channel=JohnSpencer](https://www.youtube.com/watch?v=M1CHPnZfFmU&ab_channel=JohnSpencer)

Good article with potential activities:

<https://positivepsychology.com/growth-mindset-vs-fixed-mindset/>

Some potential activities you can try:

<https://www.mindsetkit.org/growth-mindset-educator-teams/growth-mindset-professional-development-materials/pd-activities-list>

7 Growth Mindset Activities:

<https://www.developgoodhabits.com/growth-mindset-adults/>