



Survey: Fixed or Growth Mindset

You might have a fixed mindset in some areas and a growth mindset in others. Or, like many people, you may have habits and tendencies that make you lean one way or the other overall. These questions can help you start thinking about how you think. Put a check mark under the most appropriate answer for each question.

	Almost Always	Usually	Not Often	Never
1. Do you give up when something frustrates you to the point of grouchiness?				
2. Do you avoid asking questions in class for fear people will think you are not smart or weren't paying attention?				
3. Do you believe your brain stays the same once you stop growing?				
4. Do you avoid trying new strategies if you don't understand them?				
5. Do you believe that smart people don't have to try as hard?				
6. Do you believe failures are permanent?				
7. Do you often hide your mistakes?				



Survey: Fixed or Growth Mindset continued

If most of your answers are “Almost Always” or “Usually,” you may have more of a fixed mindset. If most of your answers are “Not Often” or “Never,” you may have more of a growth mindset. What if you answered with some of each? You may have a mixed mindset—your mindset can go either way depending on the situation.

If you find that you have more of a fixed mindset, or a mixed one, this book will help you to gravitate over to the growth side. The more you know, the more you grow. The more you grow, the smarter you are! If you find that you lean toward a growth mindset, this book can give you even more tools to accomplish your goals with a positive attitude. You are on the right track to being the best you!

