Hope/Mindset Matrix

High Hope/Growth Mindset Beliefs:
* Basic qualities are just the starting point for development
* I can nurture my basic qualities with effort, practice, and strategy
* I feel confident about my ability to learn and grow
* Failures provide good learning opportunities

High Hope/Growth Mindset Behaviors:
* Enjoy and seek challenges
* Set challenging goals
* Continue pursuing goals despite obstacles
* Seek and use feedback to improve
* Express confidence

Low Hope/Fixed Mindset Beliefs:
* Intelligence, talent, etc. can’t really change much
* Effort is not necessary for natural intelligence/talent
* Obstacles are signs that I shouldn’t pursue that goal
* Failure reflects on my value, intelligence, and/or talent

Low Hope/Fixed Mindset Behaviors:
* Avoid challenges/ don’t take many risks
* Set easy-to-achieve goals
* Give up easily when things don’t go my way
* Need to prove myself to others often
* Tend to blame others for failures
* Don’t use feedback/ argue over feedback
* Express insecurity or high anxiety

What are your goals? How can you reach them?
How can you get more feedback on your learning/ progress toward your goals?
How can you change a fixed mindset when you recognize it?

Created by Cindy Walker, 2012