Do You Have a Fixed or a Growth Mindset?

Please print this sheet out and check off the bubbles below based on whatever comes to your mind first.

Once you have answered all 8 questions, simply tally up your score based on the key at the bottom and discover what kind of mindset you currently have.

1 You're born with a certain amount of intelligence and it isn't something that can be changed.

    AGREE   **MAYBE**   **DISAGREE**

2 Intelligence can increase or decrease depending on whether or not you spend time exercising your mind.

    AGREE   **MAYBE**   **DISAGREE**

3 You can learn new things but you can't change your underlying level of intelligence.

    AGREE   **MAYBE**   **DISAGREE**

4 Learning new things can increase your underlying intelligence.

    AGREE   **MAYBE**   **DISAGREE**

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5 | Talent is something you're born with, not something you can develop.

      AGREE   **MAYBE**   **DISAGREE**

6 | If you practice something for long enough, you can develop a talent for it..

      AGREE   **MAYBE**   **DISAGREE**

7 | People who are good at a particular skill were born with a higher level of natural ability.

      AGREE   **MAYBE**   **DISAGREE**

8 | People who are good at a particular skill have spent a lot of time practicing that skill, regardless of natural ability.

      AGREE   **MAYBE**   **DISAGREE**

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Scoring Key

Please score your answers for the EVEN questions (#2, 4, 6, 8) as follows:

- Agree = 3 points
- Maybe = 2 points
- Disagree = 1 points

Please score your answers for the ODD questions (#1, 3, 5, 7) as follows:

- Agree = 1 point
- Maybe = 2 points
- Disagree = 3 points

Lastly, add up your scores from all questions:

If you scored:

- 19-24 = **Growth Mindset**
- 15-18 = **Uncertain / Mixed Mindset**
- 8-14 = **Fixed Mindset**

Want to Go Further?

Want to go one step further? Send an email to action@chriswinfield.com with your score. And let us know if you have any questions or thoughts.

One Final Note

Don't worry about it if you got a 'fixed' or 'uncertain' score.

I'll explain next week :)