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 :)

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