Even Geniuses Work Hard – Growth Mindset

Name: Datum: 2013

1. Read the handout about mindsets.
2. Jot down some first thoughts.

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1. Maybe you jotted this down already, but if not: where does your mindset tend to be?

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1. Can you give an example or examples, when you feel like a fixed mind set or a growth mind set, … or both?

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1. Do you think being tiered, frustrated, drained … in a good mood, well rested, energetic …. has an influence on your mindset? Why? Try and explain your answer.

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1. What do you think are the results, the achievements in life/in the workplace
   * when you have a fixed mindset?

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* + when you have a growth mindset?

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