

MINDSET CONTINUUM

Identify some of the areas of your life and then rank your mindset on the continuum for each.
(1 is neither consistently fixed nor consistently growth—or *don't know*.)

	Fixed (Be Good)			Growth (Get Better)		
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	
_____	3	2	1	2	3	