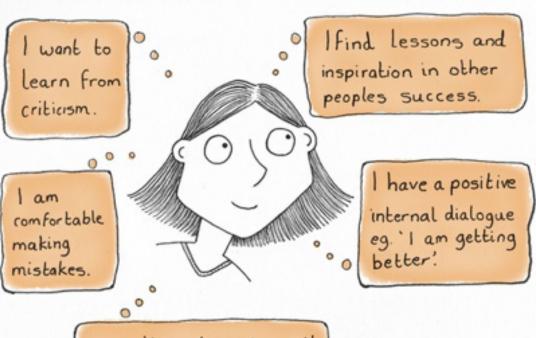


THE BELIEF THAT WE CAN WORK HARD AND IMPROVE.



I say 'I can't do it yet!'

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FIXED MINDSET

THE BELIEF THAT YOUR POTENTIAL WAS DETERMINED AT BIRTH.

ignore constructive criticism.

I don't want to look like a failure.

I feel threatened by other peoples Success.

l avoid challenges.

I give up quickly.

I have a negative internal dialogue, 'I'm an idiot'.

> I don't like to ask questions in case I sound Stupid.

I say I can't .

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