

# GROWTH MINDSET

THE BELIEF THAT WE CAN WORK HARD AND IMPROVE.

I want to learn from criticism.

I find lessons and inspiration in other peoples success.

I am comfortable making mistakes.

I have a positive internal dialogue eg. 'I am getting better'.

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

WWW.KATHERINELYNAS.COM

# FIXED MINDSET

THE BELIEF THAT YOUR POTENTIAL WAS DETERMINED AT BIRTH.



[WWW.KATHERINELYNAS.COM](http://WWW.KATHERINELYNAS.COM)