

# GROWTH MINDSET

MISTAKES HELP ME LEARN

FEEDBACK IS VALUABLE

I IMPROVE WITH PRACTICE

I WON'T GIVE UP

IS THIS MY BEST WORK?



# FIXED MINDSET

I WANT TO AVOID MAKING MISTAKES

I'LL NEVER BE THAT SMART

I KNOW BEST

I GIVE UP

THIS IS GOOD ENOUGH



# Self Help Mindset Case Studies

**Harriet Braiker**



## **Self Help Mindset Case Studies:**

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