

### Exercise 1.11: Mindset Self-Assessment

This exercise allows participants to self-assess their mindset characteristics, identifying whether they tend more towards a fixed or a growth mindset.

Participants can better understand their current mindset by evaluating their approach to various personal and professional development categories. This self-awareness is the first step towards fostering a growth mindset, encouraging innovation, resilience, and continuous improvement.

#### Objective:

Identify if you tend to have a fixed or growth mindset.

#### Instructions:

Use the scale provided on the handout to rate yourself on various personal and professional development categories. Each category represents a characteristic of the mindset.

#### Rating Scale:

- 1 - Fixed Mindset (avoiding challenges, viewing effort as fruitless, etc.)
- 2 - Mostly Fixed Mindset
- 3 - Neutral
- 4 - Mostly Growth Mindset
- 5 - Growth Mindset (embracing challenges, viewing effort as a path to mastery, etc.)

#### Scoring:

Add up your scores for each category.

- A total score of 10/50 indicates a perfect fixed mindset.
- A total score of 50/50 indicates a perfect growth mindset.
- Scores in between indicate a proportionate combination of fixed and growth mindset characteristics.

**Participant Exercise Handout: Mindset Self-Assessment**

<b>Category</b>	<b>Fixed Mindset</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Growth Mindset</b>
<b>1. Challenges</b>	<b>1: Avoiding challenges</b>						<b>5: Embracing challenges as opportunities</b>
<b>2. Effort</b>	<b>1: Viewing effort as fruitless</b>						<b>5: Viewing effort as a path to mastery</b>
<b>3. Criticism</b>	<b>1: Seeing criticism as a personal attack</b>						<b>5: Viewing criticism as constructive feedback</b>
<b>4. Success of Others</b>	<b>1: Feeling threatened by the success of others</b>						<b>5: Finding inspiration in the success of others</b>
<b>5. Resilience</b>	<b>1: Giving up easily when faced with obstacles</b>						<b>5: Persisting in the face of setbacks</b>
<b>6. Learning</b>	<b>1: Believing intelligence is static</b>						<b>5: Believing intelligence can be developed</b>
<b>7. Risk-Taking</b>	<b>1: Avoiding risks</b>						<b>5: Embracing risks as opportunities for growth</b>
<b>8. Goal Setting</b>	<b>1: Setting easy, achievable goals to avoid failure</b>						<b>5: Setting challenging goals that require growth</b>
<b>9. Feedback</b>	<b>1: Avoiding feedback</b>						<b>5: Actively seeking feedback to improve</b>
<b>10. Problem-Solving</b>	<b>1: Sticking to familiar solutions</b>						<b>5: Seeking innovative solutions and new approaches</b>