

MINDSET ASSESSMENT

Directions: Put a check mark next to all the statements you agree with.

- _____ 1. There are just some things I will never be good at.
- _____ 2. When I make a mistake, I try to learn from it.
- _____ 3. When others do better than me, I feel threatened.
- _____ 4. I enjoy getting out of my comfort zone.
- _____ 5. When I show others I'm smart or talented, I feel successful.
- _____ 6. I feel inspired by the success of others.
- _____ 7. I feel good when I can do something others cannot.
- _____ 8. It is possible to change how intelligent you are.
- _____ 9. You shouldn't have to try to be smart—you just are or you're not.
- _____ 10. I enjoy taking on a new challenge or task.
- _____ 11. If something is extremely difficult, it means it's probably not for me.
- _____ 12. When I fail at something, I usually just try again.
- _____ 13. Some people are just born good at some things, and that's okay.
- _____ 14. Anybody can improve if they put in the effort.
- _____ 15. It makes me feel good to show off what I'm good at.
- _____ 16. I like taking on a challenge.
- _____ 17. When someone criticizes me, I just ignore it.
- _____ 18. When someone criticizes me, I try to listen with an open mind.
- _____ 19. I don't like asking questions, because people might think I'm dumb.
- _____ 20. I am not afraid to ask questions about things I don't understand.