

Growth Mindset

Based on research by Carol S. Dweck & Lisa S. Blackwell (2007)

This guide distills a landmark paper that shows how your beliefs about intelligence can shape your success. People with a growth mindset — who believe they can develop abilities — are more motivated, resilient, and effective over time. Fixed mindset? You believe your abilities are static — and that can hold you back.

Top 5 Insights

- Believing intelligence can grow leads to better effort, learning, and performance.
- Students taught growth mindset perform significantly better than peers.
- Fixed mindset makes people fear failure and avoid challenges.
- Reframing struggle as growth creates resilience.
- Mindset can be taught — and practiced.

Mindset Reflection Questions

Do I see intelligence as fixed or flexible?

When I struggle, do I withdraw or adapt?

What's one area I've improved through effort?

What belief is holding me back from trying harder?

What can I reframe today as a growth opportunity?

30-Day Growth Tracker

Day	Date	What I reframed as growth
1		
2		
3		
4		
5		
6		
7		
8		
9		

10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		

Join the Praxis community: @startwithpraxis