

Mindset Assessment

Directions: Put a checkmark next to all the statements with which you agree.

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. _____