

Day 14: Growth Mindset Quiz & Reflection

Discover where you operate from a Growth Mindset vs. Fixed Mindset

Mindset Self-Assessment Quiz

1. I avoid challenges because I don't want to fail.

Strongly Disagree Disagree Neutral Agree Strongly Agree

2. I believe intelligence is something you're born with, not something you develop.

Strongly Disagree Disagree Neutral Agree Strongly Agree

3. When I get feedback, I feel personally attacked.

Strongly Disagree Disagree Neutral Agree Strongly Agree

4. I see effort as a sign that I'm not naturally talented.

Strongly Disagree Disagree Neutral Agree Strongly Agree

5. I give up easily when something feels difficult.

Strongly Disagree Disagree Neutral Agree Strongly Agree

6. I find it hard to celebrate others' success when I feel behind.

Strongly Disagree Disagree Neutral Agree Strongly Agree

7. I enjoy learning new things even when I'm not good at them yet.

Strongly Disagree Disagree Neutral Agree Strongly Agree

8. I believe that mistakes are opportunities to grow.

Strongly Disagree Disagree Neutral Agree Strongly Agree

9. I ask for help when I don't know something instead of pretending I do.

Strongly Disagree Disagree Neutral Agree Strongly Agree

10. I believe that hard work and persistence can improve my abilities.

Strongly Disagree Disagree Neutral Agree Strongly Agree

Day 14: Growth Mindset Quiz - Scoring & Reflection

Understand your mindset and reflect on your score

Instructions

Score each statement from the quiz. For questions 1-6 (Fixed Mindset), reverse your score: Strongly Agree = 1, Strongly Disagree = 5. For questions 7-10 (Growth Mindset), keep your score as is. Add up all adjusted scores and review the chart below to interpret your mindset range.

#	Statement	Type	Adjusted Score
1	I avoid challenges because I don't want to fail....	Fixed	[]
2	I believe intelligence is something you're born with....	Fixed	[]
3	When I get feedback, I feel personally attacked....	Fixed	[]
4	I see effort as a sign I'm not naturally talented....	Fixed	[]
5	I give up easily when something is difficult....	Fixed	[]
6	I find it hard to celebrate others' success....	Fixed	[]
7	I enjoy learning new things even when I'm not good yet....	Growth	[]
8	I believe that mistakes are opportunities to grow....	Growth	[]
9	I ask for help when I don't know something....	Growth	[]
10	Hard work and persistence can improve my abilities....	Growth	[]

Score Interpretation

40-50 Strong Growth Mindset - You see challenges as opportunities and embrace learning.

30-39 Emerging Growth Mindset - You're building awareness and starting to shift.

20-29 Mixed Mindset - You may hold a fixed mindset in some key areas.

< 20 Fixed Mindset - Time to reframe failure as fuel. Growth begins with 'yet.'

Reflection

What did your score reveal about how you approach challenges or failure?

Which statement felt most true-and why?

What's one mindset shift you're committed to practicing this week?