



Mindset Exercise

Circle the word(s) that indicates how much you agree with each statement

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|--|----------------|-------|----------|-------------------|
| 1. Intelligence is something people are born with that can't be changed. | Strongly agree | Agree | Disagree | Strongly disagree |
| 2. No matter how intelligent you are, you can always be more intelligent. | Strongly agree | Agree | Disagree | Strongly disagree |
| 3. You can always substantially change how intelligent you are. | Strongly agree | Agree | Disagree | Strongly disagree |
| 4. You are a certain kind of person, and there is not much that can be done to really change that. | Strongly agree | Agree | Disagree | Strongly disagree |
| 5. You can always change basic things about the kind of person you are. | Strongly agree | Agree | Disagree | Strongly disagree |
| 6. Musical talent can be learned by anyone. | Strongly agree | Agree | Disagree | Strongly disagree |
| 7. Only a few people will be truly good at sports – you have to be "born with it". | Strongly agree | Agree | Disagree | Strongly disagree |
| 8. Math is much easier to learn if you are male or maybe come from a culture that values math. | Strongly agree | Agree | Disagree | Strongly disagree |
| 9. The harder you work at something, the better you will be at it. | Strongly agree | Agree | Disagree | Strongly disagree |
| 10. No matter what kind of person you are, you can always change substantially. | Strongly agree | Agree | Disagree | Strongly disagree |
| 11. Trying new things is stressful for me and I avoid it. | Strongly agree | Agree | Disagree | Strongly disagree |
| 12. Some people are good and kind, and some are not – it's not often that people change. | Strongly agree | Agree | Disagree | Strongly disagree |
| 13. I appreciate when people give me feedback about my performance. | Strongly agree | Agree | Disagree | Strongly disagree |
| 14. I often get angry when I get negative feedback about my performance. | Strongly agree | Agree | Disagree | Strongly disagree |
| 15. All human beings are capable of learning. | Strongly agree | Agree | Disagree | Strongly disagree |
| 16. You can learn new things, but you can't really change how intelligent you are. | Strongly agree | Agree | Disagree | Strongly disagree |
| 17. You can do things differently, but the important parts of who you are can't really be changed. | Strongly agree | Agree | Disagree | Strongly disagree |
| 18. Human beings are basically good, but sometimes make terrible decisions. | Strongly agree | Agree | Disagree | Strongly disagree |
| 19. An important reason why I do my work is that I like to learn new things. | Strongly agree | Agree | Disagree | Strongly disagree |
| 20. Truly smart people do not need to try hard. | Strongly agree | Agree | Disagree | Strongly disagree |