**Fixed Mind-set**  
Intelligence is static

**Growth Mind-set**  
Intelligence can be developed

**CHALLENGES**
- ...avoid challenges
- ...embrace challenges

**OBSTACLES**
- ...give up easily
- ...persist in the face of setbacks

**EFFORT**
- ...see effort as fruitless or worse
- ...see effort as the path to mastery

**CRITICISM**
- ...ignore useful negative feedback
- ...learn from criticism

**SUCCESS OF OTHERS**
- ...feel threatened by the success of others
- ...find lessons and inspiration in the success of others

**As a result**, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world**.

**As a result**, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will**.

*GRAPHIC BY NIGEL HOLMES*