



Growth or Fixed Mindset Index

Determine your mindset by circling how much you agree or disagree with the following statements:

1. You have a certain amount of intelligence, and you can't really do much to change it.
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
2. Your intelligence is something about you that you can't change very much. Strongly
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
3. No matter who you are, you can significantly change your intelligence level. Strongly
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
4. To be honest, you can't really change how intelligent you are.
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
5. You can always substantially change how intelligent you are.
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
6. You can learn new things, but you can't really change your basic intelligence.
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
7. No matter how much intelligence you have, you can always change it quite a bit.
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree
8. You can change even your basic intelligence level considerably.
Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

9. You have a certain amount of talent, and you can't really do much to change it.

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

10. Your talent in an area is something about you that you can't change very much.

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

11. No matter who you are, you can significantly change your level of talent. Strongly Agree

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

12. To be honest, you can't really change how much talent you have.

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

13. You can always substantially change how much talent you have.

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

14. You can learn new things, but you can't really change your basic level of talent.

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

15. No matter how much talent you have, you can always change it quite a bit. Strongly

Agree Agree Mostly Agree Mostly Disagree Disagree Strongly Disagree

16. You can change even your basic level of talent considerably.ⁱ

Strongly Agree Agree Mostly Agree Mostly Disagree Disagree Strongly
Disagree

Scoring Guide:

Count how many of the following statements you agree with (mostly agree, agree, or strongly agree): **1, 2, 4, 6, 9, 10, 12, and 14**. These are statements that indicate a **fixed mindset**, meaning a belief that intelligence and talent are “fixed” at birth and cannot change much within one’s lifetime.

Count how many of the following statements you agree with (mostly agree, agree, or strongly agree): **3, 5, 7, 8, 11, 13, 15, and 16**. These are statement that indicate a **growth mindset**, meaning a belief that intelligence and talent grow throughout one’s lifetime, especially as a result of learning and experience.

Compare the number of fixed mindset and growth mindset statements you agree with. The category with the most “agrees,” is the mindset you have. For example, if you agree with 2 fixed mindset statements and 6 growth mindset statements, you have a mostly growth mindset.

ⁱ Adapted from <https://mindsetonline.com/testyourmindset/step1.php>