



# Mindset Matters

Are you a perfectionist? Do you get stuck in all or nothing thinking? Your mindset matters even more when you have ADHD! Check off each statement that generally describes your thinking when you face a challenge. There are no right or wrong answers.

## GROWTH MINDSET

Excellence Driven

- I believe that I have the capacity to improve my skills, intelligence and abilities.
- I tend to believe I can learn anything I want.
- Failure is an opportunity to learn.
- I believe I am in control of my abilities.

### BELIEFS

- When I get frustrated I persevere.
- Effort is useful and important.
- I focus on getting better.

### EFFORT

- I want to challenge myself.
- I tend to embrace challenges.

### CHALLENGES

- I do something even if I think I might make a mistake.
- I persist when I make mistakes.
- If someone else succeeds, I feel inspired by him/her.

### MISTAKES

- I prefer to be told I tried hard (effort driven).
- I appreciate feedback from other people and don't take it personally.
- I tend to learn from feedback.

### FEEDBACK

## FIXED MINDSET

Perfection Driven

- I believe that I'm born with skills, intelligence and abilities.
- I tend to believe I'm either good or bad at something.
- Failure is shameful & should be avoided.
- I believe I am not in control of my abilities.

- When I get frustrated I give up.
- Effort is not useful or necessary.
- I see effort as a negative thing.

- I don't like being challenged.
- I tend to avoid challenges.

- I avoid things if I think I will make a mistake.
- I get discouraged if I make mistakes.
- If someone else succeeds I feel threatened.

- I prefer to be told I'm smart (results driven).
- I get defensive when someone gives me feedback and take it personally.
- I tend to ignore helpful feedback.

### DID YOU KNOW....

Your mindset can hold you back, but you can change it! Add up your total for each mindset. How many statements describes your thinking for each?

Growth \_\_\_\_\_ Fixed \_\_\_\_\_

What small shift are you going to make to adapt a growth mindset?

