

# Personal Mindset Assessment Results

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PREPARED FOR

**John Doe**

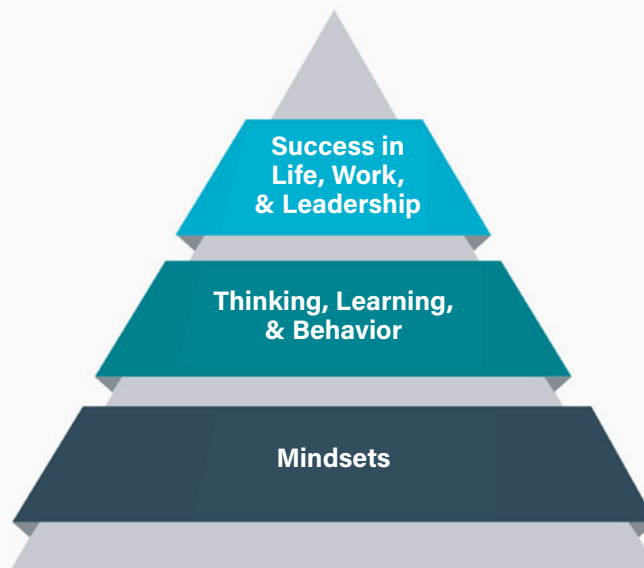


# Personal Mindset Assessment Results

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*Congratulations on completing the most comprehensive and research-backed mindset assessment ever developed!*

Psychologists and neuroscientists have identified mindsets as being the most foundational element of why you do what you do. They are our mental habits and “meaning makers” that dispose us to think, learn, and behave in certain ways, which dictates the level of our success across our life, work, and leadership.



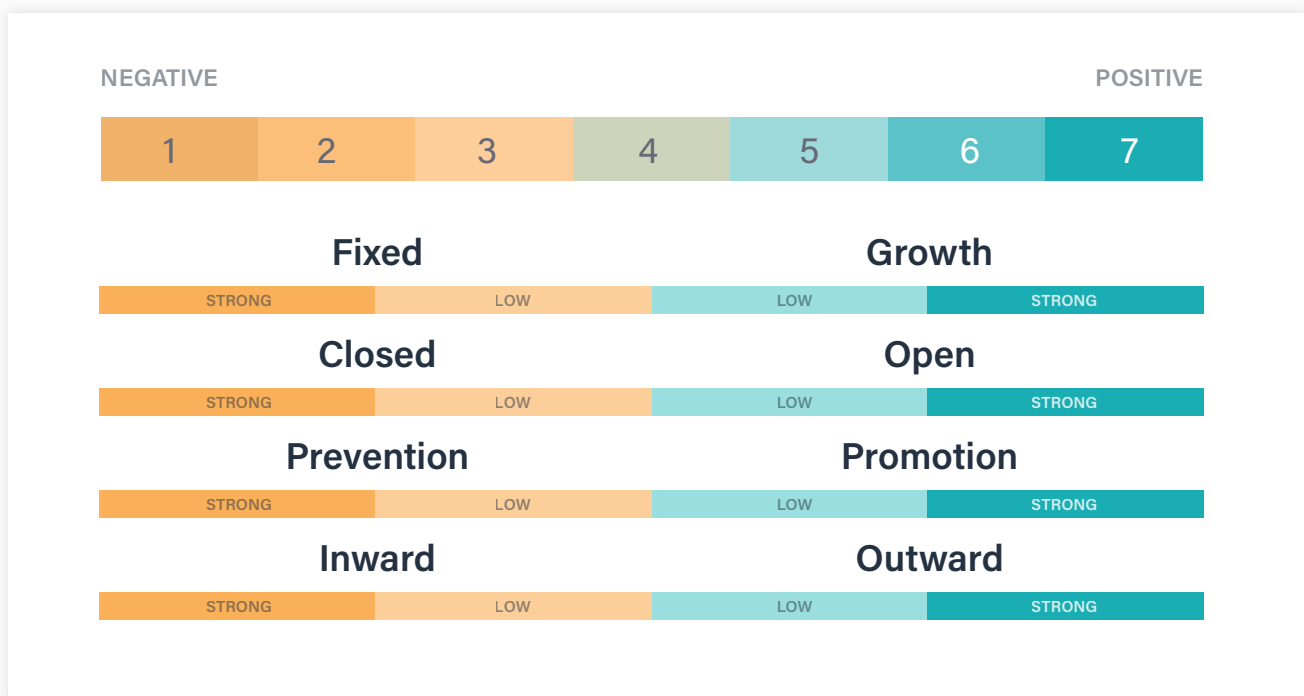
This report is designed to help you awaken to the quality of your current mindsets. In fact, to produce your results below, your responses were compared to over 20,000 people, giving you a sense of the quality of your mindsets relative to others.

# The Four Sets of Mindsets

This assessment evaluated the quality of your mindsets across four sets of mindsets. Each of these mindset sets have been researched for 30+ years, and have been repeatedly been shown to affect our thinking, learning, and behaviors in reliable and consistent ways.

In other words, you can have confidence that this mindset assessment and results are both research-backed and valid.

The four sets of mindsets each exist along a continuum ranging from a mindset with more negative outcomes to a mindset with more positive outcomes.



The results presented below are designed to help you identify the quality of your mindsets across each continuum.

After your results are provided, you will be offered opportunities to deepen your knowledge about these mindsets and receive direction on how to improve your mindsets to elevate your success across your life, work, and leadership.

## YOUR MINDSET RESULTS

### Strong Fixed Mindset



Compared to the 40,000+ people who have taken this assessment.

## Bottom Quartile

	Strong Fixed	Low Fixed	Low Growth	Strong Growth
Primary Paradigm	Believes that <b>people cannot grow, develop and improve</b>	Believes that <b>people's ability to grow is limited</b> to select domains	Believes that <b>people are capable of significant growth</b> in most domains	Believes that <b>people can change</b> , even their most basic qualities
Primary Fear	Failure and looking bad	Being outside of comfort zone	Not being able to meaningfully contribute	Not growing, developing, or advancing self
Primary Commitment	Looking good, protecting image, and being seen as a "have"	Stick to only what one can excel at	Making the growth and development necessary to meaningfully contribute	Experiencing situations that push, stretch, and developing self
View Toward Challenges	Avoid challenges to ensure not failing	Only takes on challenges they know they can succeed at	Enjoys being challenged	Embraces challenges
View Toward Effort	Having to give effort is a signal that one is a "have not"	If not quickly successful, quick to give up	Recognizes that effort is essential for success	Embraces effort as the path to mastery
Common Behaviors	<ul style="list-style-type: none"><li>Engages in emotion-focused coping strategies</li><li>Sets less challenging goals</li><li>Less willing to receive coaching/feedback</li><li>More inclined to lie/cheat to look good</li><li>Tends to judge others harshly</li></ul>		<ul style="list-style-type: none"><li>Engages in problem-focused coping strategies</li><li>Sets more challenging goals</li><li>More willing to receive coaching/feedback</li><li>Less inclined to lie/cheat</li><li>Tends to develop others</li></ul>	

## YOUR MINDSET RESULTS

### Low Fixed Mindset



Compared to the 40,000+ people who have taken this assessment.

## Second Quartile

	Strong Fixed	Low Fixed	Low Growth	Strong Growth
<b>Primary Paradigm</b>	Believes that <b>people cannot grow, develop and improve</b>	Believes that <b>people's ability to grow is limited</b> to select domains	Believes that <b>people are capable of significant growth</b> in most domains	Believes that <b>people can change</b> , even their most basic qualities
<b>Primary Fear</b>	Failure and looking bad	Being outside of comfort zone	Not being able to meaningfully contribute	Not growing, developing, or advancing self
<b>Primary Commitment</b>	Looking good, protecting image, and being seen as a "have"	Stick to only what one can excel at	Making the growth and development necessary to meaningfully contribute	Experiencing situations that push, stretch, and developing self
<b>View Toward Challenges</b>	Avoid challenges to ensure not failing	Only takes on challenges they know they can succeed at	Enjoys being challenged	Embraces challenges
<b>View Toward Effort</b>	Having to give effort is a signal that one is a "have not"	If not quickly successful, quick to give up	Recognizes that effort is essential for success	Embraces effort as the path to mastery
<b>Common Behaviors</b>	<ul style="list-style-type: none"><li>Engages in emotion-focused coping strategies</li><li>Sets less challenging goals</li><li>Less willing to receive coaching/feedback</li><li>More inclined to lie/cheat to look good</li><li>Tends to judge others harshly</li></ul>		<ul style="list-style-type: none"><li>Engages in problem-focused coping strategies</li><li>Sets more challenging goals</li><li>More willing to receive coaching/feedback</li><li>Less inclined to lie/cheat</li><li>Tends to develop others</li></ul>	

## YOUR MINDSET RESULTS

### Low Growth Mindset



Compared to the 40,000+ people who have taken this assessment.

### Third Quartile

	Strong Fixed	Low Fixed	Low Growth	Strong Growth
<b>Primary Paradigm</b>	Believes that <b>people cannot grow, develop and improve</b>	Believes that <b>people's ability to grow is limited</b> to select domains	Believes that <b>people are capable of significant growth</b> in most domains	Believes that <b>people can change</b> , even their most basic qualities
<b>Primary Fear</b>	Failure and looking bad	Being outside of comfort zone	Not being able to meaningfully contribute	Not growing, developing, or advancing self
<b>Primary Commitment</b>	Looking good, protecting image, and being seen as a "have"	Stick to only what one can excel at	Making the growth and development necessary to meaningfully contribute	Experiencing situations that push, stretch, and developing self
<b>View Toward Challenges</b>	Avoid challenges to ensure not failing	Only takes on challenges they know they can succeed at	Enjoys being challenged	Embraces challenges
<b>View Toward Effort</b>	Having to give effort is a signal that one is a "have not"	If not quickly successful, quick to give up	Recognizes that effort is essential for success	Embraces effort as the path to mastery
<b>Common Behaviors</b>	<ul style="list-style-type: none"><li>Engages in emotion-focused coping strategies</li><li>Sets less challenging goals</li><li>Less willing to receive coaching/feedback</li><li>More inclined to lie/cheat to look good</li><li>Tends to judge others harshly</li></ul>		<ul style="list-style-type: none"><li>Engages in problem-focused coping strategies</li><li>Sets more challenging goals</li><li>More willing to receive coaching/feedback</li><li>Less inclined to lie/cheat</li><li>Tends to develop others</li></ul>	

## YOUR MINDSET RESULTS

# Strong Growth Mindset



Compared to the 40,000+ people who have taken this assessment.

## Top Quartile

	Strong Fixed	Low Fixed	Low Growth	Strong Growth
Primary Paradigm	Believes that <b>people cannot grow, develop and improve</b>	Believes that <b>people's ability to grow is limited</b> to select domains	Believes that <b>people are capable of significant growth</b> in most domains	Believes that <b>people can change</b> , even their most basic qualities
Primary Fear	Failure and looking bad	Being outside of comfort zone	Not being able to meaningfully contribute	Not growing, developing, or advancing self
Primary Commitment	Looking good, protecting image, and being seen as a "have"	Stick to only what one can excel at	Making the growth and development necessary to meaningfully contribute	Experiencing situations that push, stretch, and developing self
View Toward Challenges	Avoid challenges to ensure not failing	Only takes on challenges they know they can succeed at	Enjoys being challenged	Embraces challenges
View Toward Effort	Having to give effort is a signal that one is a "have not"	If not quickly successful, quick to give up	Recognizes that effort is essential for success	Embraces effort as the path to mastery
Common Behaviors	<ul style="list-style-type: none"><li>Engages in emotion-focused coping strategies</li><li>Sets less challenging goals</li><li>Less willing to receive coaching/feedback</li><li>More inclined to lie/cheat to look good</li><li>Tends to judge others harshly</li></ul>		<ul style="list-style-type: none"><li>Engages in problem-focused coping strategies</li><li>Sets more challenging goals</li><li>More willing to receive coaching/feedback</li><li>Less inclined to lie/cheat</li><li>Tends to develop others</li></ul>	



# Continue Your Mindset Development Journey

Across the 20,000+ people who have taken this mindset assessment, only 2.5% are in the top quartile for all four mindset sets. This means that essentially all of us have some room for mindset development.

If you want to improve your mindsets, I have three different packages to help you out:

ESSENTIAL Mindset Development	ADVANCED Mindset Development	CUTTING-EDGE Mindset Development
<i>All The foundational resources to deepen your awareness of mindsets</i> <b>\$29.97</b>	<i>Practice and improve developing consistent positive mindsets</i> <b>\$149.97</b>	<i>Get deep insights and strategies to gain a competitive advantage</i> <b>\$1,497</b>
<b>INCLUDES:</b> <ul style="list-style-type: none"><li>▪ <b>6 WHITE PAPERS &amp; VIDEOS</b> to help deepen your understanding of mindsets<ul style="list-style-type: none"><li>▪ <b>What are Mindsets?</b></li><li>▪ <b>Fixed and Growth Mindsets:</b> What are they and how do they affect me?</li><li>▪ <b>Closed and Open Mindsets:</b> What are they and how do they affect me?</li><li>▪ <b>Prevention and Promotion Mindsets:</b> What are they and how do they affect me?</li><li>▪ <b>Inward and Outward Mindsets:</b> What are they and how do they affect me?</li><li>▪ <b>How do I shift my mindsets?</b></li></ul></li><li>▪ <b>MINDSET DEVELOPMENT PLANNING GUIDE</b></li><li>▪ <b>4 PDFs</b> (one for each mindset set) filled with helpful resources for strengthening and improving your mindsets</li></ul>	<b>ESSENTIAL PACKAGE PLUS...</b> <ul style="list-style-type: none"><li>▪ <b>PAPERBACK</b> - Success Mindsets: Your Keys to Unlocking Greater Success in Your Life, Work, &amp; Leadership ebook and audiobook</li><li>▪ <b>DIGITAL MINDSET COACH</b> A Micro-learning Tool Designed to:<ul style="list-style-type: none"><li>▪ Enhance Positive Mindsets</li><li>▪ Increase self-awareness and meta-cognitive abilities</li><li>▪ Elevate your intentionality around your mindsets and how you approach your life</li><li>▪ How do I shift my mindsets?</li></ul></li></ul> <div><i>This package is for people who don't want to put together their own mindset development plan. The Digital Mindset Coach has the plan already built in.</i></div>	<b>ADVANCED PACKAGE PLUS...</b> <ul style="list-style-type: none"><li>▪ <b>2 (75 MIN) COACHING CALLS</b><ul style="list-style-type: none"><li>▪ <b>CALL 1:</b> An overview of your mindset results (Get an individualized understanding of your mindsets and how they influence your life, work, and/or leadership)</li></ul></li><li>▪ <b>CUSTOM MINDSET DEVELOPMENT PLAN</b><ul style="list-style-type: none"><li>▪ <b>CALL 2:</b> Mindset Breakthrough Exercise (A deep dive into your mindset-fueled blocks)</li></ul></li><li>▪ <b>GAIN:</b><ul style="list-style-type: none"><li>▪ Deep clarity on blocks that are holding you back from greater success</li><li>▪ Clear guidance and direction on what mindset(s) you need to focus on to blast past your blocks and elevate your success</li><li>▪ Individualized mindset development plan</li></ul></li></ul>



