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Mindset Synopsis

Your Mindset Score is 51 What the Scores Mean:

45-60 YOUR RESULTS SUGGEST A STRONG GROWTH MINDSET.

34-44 YOUR RESULTS SUGGEST A GROWTH MINDSET BUT WITH SOME FIXED IDEAS.

21-33 YOUR RESULTS SUGGEST A FIXED MINDSET, BUT WITH SOME GROWTH IDEAS.

0-20 YOUR RESULTS SUGGEST A STRONG FIXED MINDSET.

MORE ABOUT MINDSET:

QUIZ: HAVE YOU GOT A PLAYFUL MINDSET?

DO YOU HAVE A GROWTH MINDSET?

VIDEO: DEVELOPING A GROWTH MINDSET

More Quizzes
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As seen above, I scored a 51 on my mindset quiz—meaning my results suggest a strong growth mindset. I hadn't really thought about what kind of mindset I have until doing these exercises, so it was cool to find where I lay. I would say that I have to agree with the quiz. I think I do have a growth mindset with the ability to adapt, overcome, and change. That being said, however, I feel as if I have a few fixed traits that might not ever change. That may be because I like them, or it may be because I have no control over them. One example might be the hint of ODC that I received from my father. That is something that is permanently wired in my brain, and I'm content with it. Now that I am mindful of these types of mindsets, moving forward, I hope to continue growing as a person. I want to be constantly evolving. Being the same person your whole life sounds boring to me.