

## HACK YOURSELF | ACTIVITY SHEET 9 - GROWTH MINDSET ASSESSMENT

Put a tick in the box that is closest to how you feel. Add the numbers to calculate your final score

<b>TOTAL SCORE =</b>	1 Strongly Disagree	2 Disagree	3 Slightly Disagree	4 Slightly Agree	5 Agree	6 Strongly Agree
Q1: You can always increase your talent, no matter how much you have to begin with						
Q2: I like work best when I have to put in extra effort and I get a mental challenge						
Q3: I like to do things that I'll learn from, even if I make a lot of mistakes, to begin with						
Q4: When something is difficult, it makes me more determined to carry on, and not give up						

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Q5: You can always learn things, but you never get more intelligent than you were born with						
Q6: I work best when it comes naturally to me and I don't have to put in too much effort						
Q7: I like work that I'm good at, and don't make mistakes						
Q8: When something is more difficult for me than other people, it makes me feel stupid						

This test is a personal assessment and does not constitute advice or a recommendation.

## **HACK YOURSELF | ACTIVITY SHEET 9 - GROWTH MINDSET SCORE**

8– 6

You believe that your talents, skills, and abilities are set. If you can't do something very well and look good, you'd rather not do it. You think that smart and talented people don't have to work hard to do well. You have a fixed mindset.

17-24

You believe that your skills and intelligence aren't fixed but they don't change much from when you're born. You like situations where you perform well, are less likely to make mistakes, and don't have to put in much effort. You have a fixed mindset.

25-32

Not sure if you can change your skills and intelligence, your success and performance are important to you, and you understand that personal development and training are needed for self-improvement. You are borderline but have a growth mindset.

33-40

You believe that you can develop skills and intelligence. Personal development is important to you and you will put in the effort to make it happen. Personal performance matters to you and you put a high value on personal development. You have a growth mindset.

41-48

You strongly believe that you can improve knowledge, skills, and intelligence. You relish a challenge and are comfortable outside of your comfort zone. Making mistake is part of the learning process. You have a growth mindset.