

MINDSET SELF-ASSESSMENT

Indicate your level of agreement with each statement by placing a check mark the corresponding column.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. You have a certain amount of intelligence, and you can't really do much to change it.				
2. Your intelligence is something about you that you can't change very much.				
3. No matter who you are, you can significantly change your intelligence level.				
4. You can't really change how intelligent you are.				
5. You can always substantially change how intelligent you are.				
6. You can learn new things, but you can't really change your basic intelligence.				
7. No matter how much intelligence you have, you can always significantly change it.				
8. You can considerably change your basic intelligence level.				
9. You have a certain amount of talent, and you can't really do much to change it.				
10. Your talent in an area is something about you that you can't change very much.				
11. No matter who you are, you can significantly change your level of talent.				
12. You can't really change how much talent you have.				
13. You can always substantially change how much talent you have.				
14. You can learn new things, but you can't really change your basic level of talent.				
15. No matter how much talent you have, you can always significantly change it.				
16. You can considerably change your basic level of talent.				



	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Fixed	0	1	2	3
2. Fixed	0	1	2	3
3. Growth	3	2	1	0
4. Fixed	0	1	2	3
5. Growth	3	2	1	0
6. Fixed	0	1	2	3
7. Growth	3	2	1	0
8. Growth	3	2	1	0
9. Fixed	0	1	2	3
10. Fixed	0	1	2	3
11. Growth	3	2	1	0
12. Fixed	0	1	2	3
13. Growth	3	2	1	0
14. Fixed	0	1	2	3
15. Growth	3	2	1	0
16. Growth	3	2	1	0
Total Points				

Add together your scores from each column to determine where your mindset fits within the categories below.

Strong growth mindset = 36–48 points

Growth mindset with some fixed ideas = 25–35 points

Fixed mindset with some growth ideas = 17–24 points

Strong fixed mindset = 0–16 points

SOURCE: Dweck, C. (2006). *Test your mindset. Mindset Online.* <https://themindsetonline.com/testyourmindset/step1.php>

