GROWTH MINDSET

How to change your mindset?

Add the word "yet" to the end of all fixed mindset thoughts. You can do this!

FIXED MINDSET

GROWTH MINDSET

I already know it all

I want to learn

I give up easily

I welcome and learn from feedback

I ignore useful feedback

I can't change how smart I was born

I don't need to practice

I'll never be good at this

I learn from others

I can train my brain

I can work hard to get better at something

I will keep trying

Mistakes are bad so I avoid them

Mistakes are learning opportunities

I avoid things that require effort

I want to be challenged

"I don't know how to be a telemedicine physician...yet!"

AIR Academy Content Disclaimer

The content provided by AIR Academy is for educational purposes only and does not constitute legal, financial, or professional advice. AIR Academy is not responsible for any decisions or actions taken based on this material. All content is confidential and intended solely for enrolled participants. Unauthorized sharing, reproduction, or distribution of this material is strictly prohibited and may result in legal action.