

## Fixed Mindset Questionnaire

### Instructions:

Rate your agreement with each statement below using the following scale: Be honest—this is about self-awareness, not perfection.

**1 = Never** (0% of the time)

**2 = Rarely** (less than 25%)

**3 = Sometimes** (about 50%)

**4 = Often** (about 75%)

**5 = Always** (100%)

### Section 1: Self-Worth and Intelligence

1.	I feel pressure to prove I'm intelligent in conversations.	
2.	I often feel anxious about saying something foolish.	
3.	I worry my abilities aren't obvious, so I try hard to show competence.	
4.	I need to earn others' respect by appearing capable.	
5.	I measure my worth by how competent I seem.	
6.	I worry that mistakes make me look unintelligent.	
7.	If I don't perform well, I question my abilities.	

### Section 2: Identity and Fixed Traits

8.	I believe people are either talented or not, there's not much in between.	
9.	I tend to see challenges as tests of who I am.	
10.	My traits seem permanent; I struggle to change them easily.	
11.	Failure feels like a reflection of my character.	
12.	I believe intelligence is a fixed trait.	

### Section 3: External Validation and Comparison

13.	I often compare myself to others and feel behind.	
14.	I worry about what others think of me nearly all the time.	
15.	I feel the need to prove myself repeatedly.	
16.	I struggle to feel good enough without others' approval.	
17.	I find it hard to stay motivated if I don't feel successful.	

#### Section 4: Struggle, Control, and Growth Resistance

18.	I hesitate to try difficult things; I might fail.	
19.	When things get hard, I tend to give up.	
20.	I feel stuck in areas of my life, even when I try.	
21.	I feel more secure when I'm in total control.	
22.	I believe success depends more on luck or circumstances than effort.	

#### Scoring

Add up your total score	
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#### Score Range Interpretation (Total Possible Score: 25–125)

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**Score 22–44 / Growth-Oriented** - *You strongly embody a growth mindset. Setbacks rarely define you; you lean into effort. You generally believe in your capacity to grow and adapt. Mistakes are seen as learning opportunities, not identity threats. You're more likely to take constructive risks, persist through difficulties, and remain open to feedback. When setbacks happen, you may feel discomfort, but you reflect and recalibrate rather than crumble. There's a foundation of self-compassion and a focus on process over perfection.*

#### Proactive Suggestions

- Strengthen areas of vulnerability: Identify environments where you feel more fixed (e.g., social comparison, public failure) and gently stretch your tolerance.
- Mentor someone: Teaching a growth mindset reinforces your own and builds confidence.
- Document wins: Keep a “Resilience Journal” where you track challenges, your response, and what you learned.
- Anticipate setbacks: Create a mindset “maintenance plan” for when motivation dips.

#### Reflection

- What helped you build this mindset over time?
- Where does your confidence wobble most, and how can you expand your growth mindset into that space?

- How do you react when others struggle, do you model patience and belief in their growth?

**Score 45–66 / Mixed Tendencies** - *You show a healthy mix of growth and fixed mindset tendencies. You lean toward growth mindset behaviors but still experience moments of self-doubt or ego-driven comparison. You may feel pressure to prove yourself in unfamiliar or high stakes situations and occasionally avoid challenges for fear of failure. These tendencies don't dominate, but they can quietly drain energy and limit risk-taking. With awareness and intentional mindset work, you're well-positioned to strengthen flexibility and self-belief.*

### **Proactive Suggestions**

- Notice your internal language: Catch phrases like “I can’t” or “I should already know this” and reframe them into learning-based statements.
- Choose one domain: where fixed mindset shows up (e.g., creativity, social confidence, leadership) and experiment with reframing failure in that area.
- Practice compassionate self-talk: after mistakes, name the lesson, not the flaw.
- Seek stretch challenges: that are slightly uncomfortable and reflect on your response.

### **Reflection**

- What feedback or setbacks tend to trigger self-doubt? How can you prepare for that moment with self-coaching?
- Which part of you still believes in “proving” rather than learning? How can you question that belief?
- What would change in your life if effort felt safe instead of risky?
- In what kinds of situations do I feel most self-protective or avoidant? Why?
- What’s one recurring thought I have that comes from a fixed mindset, and how could I challenge it?
- What’s one area where I want to grow but often hold myself back? What’s a small, safe step I could take this week?
- When I receive criticism, what do I hear, and what do I fear? How can I start responding more constructively?

**Score 67–88 / Fixed Leaning** - A stronger influence of fixed beliefs shows up here. You may avoid certain challenges, downplay effort, or ruminate when things go wrong. Criticism can feel personal, and self-worth may be tied closely to being seen as “smart,” “capable,” or “likable.” You might frequently compare yourself to others or feel paralyzed by setbacks. These patterns aren’t permanent but left unchecked, they can limit resilience and stunt personal development.

### **Proactive Suggestions**

- Pick one belief to challenge: “I’m just not good at X” → What would change if I added “...yet” to that?
- Track moments of effort: Every day, write one thing you attempted even if the outcome wasn’t perfect.
- Normalize failure stories: Read or listen to people you admire who share their early struggles.
- Use identity language: “I’m becoming the kind of person who...” helps shift behavior from fixed to aspirational.

### **Reflection**

- What’s one narrative you’ve clung to that limits your potential? Who would you be without that story?
- What does success mean to you and is it tied more to admiration or inner fulfillment?
- Who’s one person who believes in your ability to grow? What do they see that you don’t?
- When I fail, do I tend to blame myself or others and how might I shift toward ownership without shame?
- What would happen if I viewed failure as feedback instead of proof of deficiency?
- When do I feel like I’m “not enough”? What could a kinder, more compassionate inner voice sound like in those moments?

**Score 89–110 / Strong Fixed Mindset** - *Your thinking may be heavily shaped by fear of failure, deep sensitivity to perceived judgment, and a belief that your traits or situation are largely unchangeable. You may struggle to re-engage after setbacks, internalize challenges as personal flaws, or feel chronically stuck or inadequate. The need to prove yourself or hide perceived weaknesses might override curiosity or growth. This score isn't a label it's a flag that you're in a mindset loop that can be rewritten with courage, support, and purposeful reflection.*

### **Proactive Suggestions**

- Create “Safe Fails”: Try things where failure is possible but low-stakes (e.g., drawing, improv, a new hobby).
- Write letters to yourself: From your future self who has grown, what do they want you to know now?
- Shift identity slowly: Use language like “I’m experimenting with being more open to growth” instead of “I have to change now.”
- Practice emotional labeling: “I feel ashamed right now because I messed up” → name it, normalize it, and then ask, “What would growth look like here?”

### **Reflection**

- What part of me is afraid to fail, what would that failure say about me?
- What if struggle didn't mean I'm broken, but that I'm building capacity?
- How can I start seeing effort as courage, not weakness?
- What is one story I keep telling myself about “what I'm not” and is it truly accurate or helpful?
- If I believed growth were possible, what would I allow myself to try?
- How do I define worth or success, and where did those definitions come from? Do they serve me today?
- What's one courageous thought I could choose to practice each day, even if I don't fully believe it yet?