# The Difference Between A Fixed and Growth Mindset

In general, most people will develop either a fixed mindset or a growth mindset while growing up. Not everything is black and white, of course, so a lot of people will end up somewhere in the middle when it comes to having a fixed or growth mindset. If you’re wondering what the difference, is, exactly, between a fixed and growth mindset, you’ve come to the right place!

In this article, we’ll be breaking down what it means to have a fixed mindset vs. what it means to have a growth mindset. In a nutshell, people with a growth mindset tend to be more successful in life because they believe they can learn from their mistakes, whereas people who have a fixed mindset refuse to change or grow as a person due to their pessimistic outlook on things. There’s a lot more to it than that, though, so let’s get into it!

## What is a Fixed Mindset?

Those who have a fixed mindset tend to see their qualities and abilities as “fixed traits” — meaning said qualities and abilities cannot be changed. A person with a fixed mindset might believe that people are successful because of raw talent, rather than hard work, and that life generally isn’t fair. In other words, they believe that a person is born with a certain amount of skill, which cannot ever be improved upon.

Most people who have a fixed mindset believe that they are just naturally good or bad at something — they don’t consider the fact that someone may be good at something because they’ve worked super hard to get to that point. Someone with a fixed mindset might also give up easily and shy away from challenges. This is likely rooted in an intense fear of failure.

## What is a Growth Mindset?

A growth mindset is basically the opposite of a fixed mindset. As stated before, people who have a growth mindset are able to learn from their mistakes and take constructive criticism to heart. They believe that there is always room for personal growth, and look forward to challenges instead of shying away from them.

Unlike those who have a fixed mindset, people who have a growth mindset believe that they can do anything (within reason), as long as they put enough time, dedication, and hard work into it. They also understand that personal growth doesn’t happen immediately, and that talent, generally, isn’t something you’re born with.