Chapter 1. The Mindsets

1. Is there a talent or ability you would like to have but don’t? How do you know you don’t have it—what’s the evidence?
2. Name one thing you could do to develop that ability? Two?
3. Can you think of a time you faced an important opportunity or challenge with a fixed mindset? What were your thoughts and worries—about your abilities? about other people’s judgments? about the possibility of failure? Describe them vividly.
4. How can, you take that same opportunity or challenge and switch into a growth mindset? Think of it as a chance to learn new things. What are the plans and strategies you’re thinking about now?
5. Is there someone in your life (a boss, mate, friend, child, relative) with a fixed mindset—someone who won’t take risks, who can’t admit mistakes, who falls apart or gets defensive after setbacks? Do you understand that person better now?

Chapter 2. Inside the Mindsets

1. When do you feel smart? When you’re doing something flawlessly or when you’re learning something new? How can you make striving, stretching, and struggling into something that makes you feel smart?
2. Do you ever feel superior to other people? Stop it! It’s the wrong mindset and it’s one failure away from feeling inferior. Using the growth mindset, discuss ways of feeling confident and worthy without feeling superior.
3. Did you ever decide you were no good at math after getting a low score on a math assignment or test? Describe a time this happened. How could you have changed that humiliating experience into a life-changing opportunity?
4. Are you a person who tends to avoid responsibility for your problems or failures by making excuses or blaming others? Think of specific examples and discuss how you could use a growth mindset to take responsibility and start to correct the problems you face.

Chapter 3. The Truth About Ability and Accomplishment

1. Did you always assume that success came right from innate talent or ability? Discuss people you know who are brilliant or talented but never went anywhere. And people who are not so brilliant or talented, but are highly successful. How did they do it?
2. Was there a difficult transition in your life where you fell into a fixed mindset and lost confidence in your abilities? Describe it.
3. Were you labeled a gifted child? Did it help you or hurt you? How?
4. Have you ever trusted someone’s negative evaluation of your ability or talent? Think about it now. How could they judge your potential?