

Situation	My thoughts after setback or failure	Fixed or growth Mindset?	Thoughts of a growth mindset	Actions of a growth mindset
<i>E.g. I applied for a job and didn't get it.</i>	<i>I'm not good enough. I wasn't impressive enough.</i>	<i>Fixed.</i>	<i>I did my best, and I can learn from my mistakes.</i>	<i>Ask for feedback from interviewer, and use this to prepare for my next job interview.</i>

Figure 1. Mindset log