

growth mindset exercise

DATE

Imagine a simple scenario: You've just submitted your first assignment as a summer associate and the assigning partner asks if she can share her thoughts about how it went.

Remember: Keep in mind any larger goals you may have: improving your writing, clearly articulating your thoughts, etc.

Remember: Any piece of feedback you receive can only help you move toward or away from that goal.

Remember, with fixed-mindset thinking, we typically shut down immediately because we equate feedback with failure.

How might you respond with a growth mindset?
