

# LEADING FROM A DISTANCE: GROWTH MINDSET QUIZ\*

Use this worksheet to assess your growth mindset. Read each question and circle the number that best fits you. There are no right or wrong answers. Add them together at the bottom of this sheet.

## PART #1

1. You can always increase your talent, no matter how much you have to begin with.

**1**      **2**      **3**      **4**      **5**      **6**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

2. I like work best when I have to put in extra effort and it challenges me intellectually.

**1**      **2**      **3**      **4**      **5**      **6**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

3. I like doing things that I'll learn from, even if I make a lot of errors.

**1**      **2**      **3**      **4**      **5**      **6**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

4. When something is difficult, I want to spend more time on it - not less.

**1**      **2**      **3**      **4**      **5**      **6**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

**PART #1 TOTAL** \_\_\_\_\_

## PART #2

\*\* The scoring for this section has been intentionally reversed.

5. You can always learn things, but you can't alter your base level of intelligence.

**6**      **5**      **4**      **3**      **2**      **1**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

6. I like work best when it comes naturally to me and I don't need to put in a lot of effort.

**6**      **5**      **4**      **3**      **2**      **1**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

7. I like work that I can do perfectly the majority of the time.

**6**      **5**      **4**      **3**      **2**      **1**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

8. When something is more difficult for me than for my peers, it makes me feel inferior.

**6**      **5**      **4**      **3**      **2**      **1**  
Strongly Disagree    Disagree    Slightly Disagree    Slightly Agree    Agree    Strongly Agree

**PART #2 TOTAL** \_\_\_\_\_



Add your scores from Part #1 and Part #2

**YOUR TOTAL SCORE:** \_\_\_\_\_

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## WHAT IT MEANS:

Use your total score to determine your Mindset Score. Interpretations of the scores are below.

### 8-16

You firmly believe that your talents, skills, and abilities are set traits. If you cannot perform exceptionally well and shine on a project, you would rather just not do it. You think that smart and talented people shouldn't have to work that hard to perform at the top level.

### 17-24

You believe that your skills and level of intelligence probably aren't fixed, but they cannot change exponentially. You like situations where you perform well, are less likely to make mistakes, and don't have to put in too much effort. You believe that learning and getting better at things should be relatively easy.

### 25-32

You're not too sure whether or not you can change your skills and intelligence level. Your successes and performances are important to you but so is learning. You're not the biggest fan of putting in too much effort though.

### 33-40

You believe that you can develop your skills and intelligence. You really care about learning and don't mind having to put in some effort to make it happen. Performing well matters to you but you think that learning is actually more important than always looking competent in other's eyes.

### 41-48

You firmly believe that you can grow and improve your skills and intelligence. You love challenges and know that the best way to learn is by working hard and tackling these challenge head on. You don't mind making mistakes or looking bad in order to get better.

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