

# KEY TAKEAWAYS

- Individuals with a growth mindset believe they can overcome challenging circumstances.
- People with a fixed mindset, on the other hand, don't think they're in charge of their own life. They think everything is set in stone, even themselves.
- People with a fixed mindset prefer a state of uninformed optimism and always take the blue pill.
- Having a growth mindset means taking ownership of your actions in order to learn from them.
- People with growth mindsets take responsibility for their own lives and the effect they have on others.