



Self-awareness is our SUPERPOWER! To help us become more aware of how we exist in the world and in our performance, we begin with finding a baseline of where we are today in our habits, our thoughts and our emotions.

The Oxford Happiness Questionnaire serves as one of one several measures of “subjective wellbeing,” also known as happiness!

The Optimism/Pessimism Scale measures how we see the world which makes a difference in our perspective when things are going well or not so well!

Dr. Carol Dweck developed the Growth or Fixed Mindset Tool to determine how we view ourselves and our ability to change and grow.

It is helpful to measure our sense of happiness and our outlook, along with other things related to our mental approach. When we measure something, we become more aware of it and we are more likely to find ways to improve it! We can also see if what we are doing is making a difference.

We will use these assessments several times over the next year.

Please take these online assessments and the Growth or Fixed Mindset Survey below now. We will check in with it in a few months and see where we are and compare our scores as we work toward peak performance.

Click on the links below to access 2 of the assessments and scroll down for the 3rd. Your scores will be sent to your email address after completing the online surveys. Please score your Mindset survey and EMAIL ALL THREE SCORES TO JULIE AT juliej@ssbperformance.com

Read each statement carefully. You don’t need to put a lot of thought into the questions and there are no “trick” questions. The first answer that comes into your head is the right one for you. If you find some of the questions difficult, give the answer that is true for you in general or for most of the time.

Click [HERE](#) for the first survey.

Click [HERE](#) for the second survey.

Scroll down to complete the Growth/Fixed Mindset Survey

EMAIL YOUR SCORES TO JULIE at juliej@ssbperformance.com



Carol Dweck’s Growth vs. Fixed Mindset Assessment

Place a check in the column that identifies the extent to which you agree or disagree with each statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can’t change very much.				
2. No matter how much intelligence you have, you can always change it quite a bit.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that.				
5. You can always change basic things about the kind of person you are.				
6. Music talent can be learned by anyone.				
7. Only a few people will be truly good at sports – you have to be “born with it.”				
8. Math is much easier to learn if you are male or maybe come from a culture that values math.				
9. The harder you work at something, the better you will be at it.				
10. No matter what kind of person you are, you can always change substantially.				
11. Trying new things is stressful for me and I avoid it.				
12. Some people are good and kind, some are not – it is not often that people change.				
13. I appreciate when parents, coaches, teachers give me feedback about my performance.				
14. I often get angry when I get feedback about my performance.				
15. All human beings without a brain injury or birth defect are capable of the same amount of learning.				
16. You can learn new things, but you can’t really change how intelligent you are.				
17. You can do things differently, but the important part of who you are can’t really be changed.				
18. Human beings are basically good, but sometimes make terrible decisions.				
19. An important reason why I do my schoolwork is that I like to learn new things.				
20. Truly smart people don’t need to try hard.				



Circle the number in the box that matches each answer.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Ability mindset – FIXED	0	1	2	3
2. Ability mindset – GROWTH	3	2	1	0
3. Ability mindset – GROWTH	3	2	1	0
4. Personality/character mindset – FIXED	0	1	2	3
5. Personality/character mindset – GROWTH	3	2	1	0
6. Ability mindset – GROWTH	3	2	1	0
7. Ability mindset – FIXED	0	1	2	3
8. Ability mindset – FIXED	0	1	2	3
9. Ability mindset – GROWTH	3	2	1	0
10. Personality/character mindset – GROWTH	3	2	1	0
11. Ability mindset – FIXED	0	1	2	3
12. Personality/character mindset – FIXED	0	1	2	3
13. Ability mindset – GROWTH	3	2	1	0
14. Ability mindset – FIXED	0	1	2	3
15. Ability mindset – GROWTH	3	2	1	0
16. Ability mindset – FIXED	0	1	2	3
17. Personality/character mindset – FIXED	0	1	2	3
18. Personality/character mindset – GROWTH	3	2	1	0
19. Ability mindset – GROWTH	3	2	1	0
20. Personality/character mindset – FIXED	0	1	2	3
Total				
Grand Total				

Strong Growth Mindset = 45 – 60 pts.

Growth Mindset with some Fixed ideas = 34 – 44 pts.

Fixed Mindset with some Growth ideas = 21 – 33 pts.

Strong Fixed Mindset = 0 – 20 pts.

Dweck, C.S. (2006). Mindset: The new psychology of success. New York: Random House Inc.