

Carol S. Dweck

Quotes

*Growth, Wise, People, Children, Growth Mindset, Trying, Mistake, Mean, Self
Esteem, Challenges, Passion, Thinking, Self, Mind, Research, Giving,
Achievement, Effort, Focus, Motivation*

No matter what your current ability is, effort is what ignites that ability and turns it into accomplishment.

~Carol S. Dweck

In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow.

~Carol S. Dweck

Effort is one of those things that gives meaning to life. Effort means you care about something, that something is important to you and you are willing to work for it.

~Carol S. Dweck

The best thing parents can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.

~Carol S. Dweck

What did you learn today? What mistake did you make that taught you something? What did you try hard at today?

~Carol S. Dweck

Test scores and measures of achievement tell you where a student is, but they don't tell you where a student could end up.

~Carol S. Dweck

Failure is information-we label it failure, but it's more like, 'This didn't work, I'm a problem solver, and I'll try something else.'

~Carol S. Dweck

Why waste time proving over and over how great you are, when you could be getting better?

~Carol S. Dweck

Important achievements require a clear focus, all-out effort, and a bottomless trunk full of strategies. Plus allies in learning.

~Carol S. Dweck

The wrong kind of praise creates self-defeating behavior. The right kind motivates students to learn.

~Carol S. Dweck

Exceptional people convert life's setbacks into future successes.

~Carol S. Dweck

Becoming is better than being

~Carol S. Dweck

We like to think of our champions and idols as superheroes who were born different from us. We don't like to think of them as relatively ordinary people who made themselves extraordinary.

~Carol S. Dweck

It is not always people who start out the smartest who end up the smartest.

~Carol S. Dweck

You're in charge of your mind. You can help it grow by using it in the right way.

~Carol S. Dweck

The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset.

~Carol S. Dweck

You have to work hardest for the things you love most.

~Carol S. Dweck

Picture your brain forming new connections as you meet the challenge and learn. Keep on going.

~Carol S. Dweck

Praising children's intelligence harms their motivation and it harms their performance.

~Carol S. Dweck

What did you try hard at today?

~Carol S. Dweck

Just because some people can do something with little or no training, it doesn't mean that others can't do it (and sometimes do it even better) with training.

~Carol S. Dweck

Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort?• If so, he says, "You may be outscored but you will never lose.

~Carol S. Dweck

Teaching is a wonderful way to learn.

~Carol S. Dweck

...when people already know they're deficient, they have nothing to lose by trying.

~Carol S. Dweck

Research shows that normal young children misbehave every three minutes.

~Carol S. Dweck

I don't mind losing as long as I see improvement or I feel I've done as well as I possibly could.

~Carol S. Dweck

Vowing, even intense vowing, is often useless. The next day comes and the next day goes. What works is making a vivid, concrete plan.

~Carol S. Dweck

This is hard. This is fun.

~Carol S. Dweck

What can I learn from this? What will I do next time I'm in this situation?

~Carol S. Dweck

Don't judge. Teach. It's a learning process.

~Carol S. Dweck

Choosing a partner is choosing a set of problems. There are no problem-free candidates.

~Carol S. Dweck

Wow, that's a really good score. You must have worked really hard.

~Carol S. Dweck

More and more research is suggesting that, far from being simply encoded in the genes, much of personality is a flexible and dynamic thing that changes over the life span and is shaped by experience.

~Carol S. Dweck

Your failures and misfortunes don't threaten other people. . .It's your assets and your successes that are problems for people who derive their self-esteem from being superior.

~Carol S. Dweck

Why seek out the tried and true, instead of experiences that will stretch

you?

~Carol S. Dweck

A company that cannot self-correct cannot thrive.

~Carol S. Dweck

The whole point of marriage is to encourage your partner's development and have them encourage yours.

~Carol S. Dweck

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