

# MINDSET FOR SUCCESS

**Mindset, also known as attitude, is the opinion or perspective you hold about yourself and others. It is important to learn about the mindset you hold toward intelligence and learning.**

**With the right mindset and the right teaching, you are capable of a lot more than you think.**

**How would you respond to the statements below?  
Score your answer using the point system to the right**

**Strongly Agree    Agree    Neither agree or disagree    Disagree    Strongly Disagree**

Mindset, also known as attitude, is the opinion or perspective you hold about yourself and others. It is important to learn about the mindset you hold toward intelligence and learning. With the right mindset and the right teaching, you are capable of a lot more than you think.

- I am very open to new learning
- I easily admit when I am wrong
- I am willing to let go of comfortable habits
- I proactively participate in conversations outside my expertise
- I ask for help
- I am willing to take risks with my decisions and actions

**5    4    3    2    1**

Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree

**What mindset do you need to succeed in a recovery phase?**