

Proving versus Improving: Give yourself a score for each of the five items below

I believe that <u>effort</u> can lead to success											I believe that <u>ability</u> leads to success
	1 ← 100% agree	2 ←	3 ←	4 ←	5 ←	6 →	7 →	8 →	9 →	10 → 100% agree	

I believe in my <u>ability to improve and learn</u> , and not to be fixed or stuck											I am concerned to be seen as <u>able</u> and to perform well in others' eyes
	1 ← 100% agree	2 ←	3 ←	4 ←	5 ←	6 →	7 →	8 →	9 →	10 → 100% agree	

I prefer <u>challenging tasks</u> whose outcome reflects <u>my approach</u>											I seek satisfaction from doing <u>better than others</u>
	1 ← 100% agree	2 ←	3 ←	4 ←	5 ←	6 →	7 →	8 →	9 →	10 → 100% agree	

I gain satisfaction from <u>personally defined success</u> at difficult tasks											I emphasise <u>competition, public evaluation</u>
	1 ← 100% agree	2 ←	3 ←	4 ←	5 ←	6 →	7 →	8 →	9 →	10 → 100% agree	

I talk to myself: when engaged in a task I talk <u>myself through it</u>											When something is difficult I <u>display helplessness</u> : "I can't do _____!"
	1 ← 100% agree	2 ←	3 ←	4 ←	5 ←	6 →	7 →	8 →	9 →	10 → 100% agree	

Score Below 25 = Tendency toward Improvement/Learning Mindset **Score 25 and above** = Tendency toward Proving/Performance Mindset

Adapted by Adam D Meyersieck (2018) from Watkins & Reid (2010)

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