

Why is 'growth mindset' more scientifically accurate than fixed mindset?

How do neural pathways get built?

Does growth mindset only apply to 'intelligence' or academic skills?

Where do you have a growth mindset (high level of agency) and in what areas of your life do you feel like you have a fixed mindset?

Why do mistakes 'grow our brain'?

What are the three steps to building a growth mindset?