



fixed
mindset



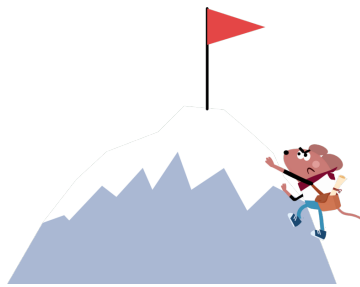
growth
mindset



specific



measurable



attainable



realistic



timely