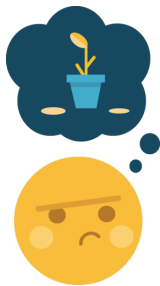


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fixed mindset



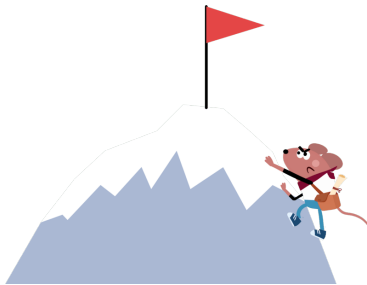
growth mindset



specific



measurable



attainable



realistic



timely