Self-Assessment **Growth Mindset Check** **Time: 10 minutes**

Rate how much you agree with each statement (1 = not at all, 5 = completely):

I believe I can change and grow	_____ / 5
My abilities are not fixed	_____ / 5
Challenges help me improve	_____ / 5
Failure is information, not condemnation	_____ / 5
I am responsible for my growth	_____ / 5
Other people's success inspires me	_____ / 5
I can learn from anyone	_____ / 5
My past doesn't define my future	_____ / 5

Growth Mindset Score **TOTAL SCORE: _____ / 40**

If you scored under 25: This journey is ESPECIALLY for you. You're about to discover capabilities you didn't know you had.

Which Starting Point Archetype Resonates Most?

■ **The Pretender**	Looks successful outside, feels empty inside.
■ **The Drifter**	Floating through life without direction.
■ **The Overthinker**	Paralyzed by analysis, stuck in their head.
■ **The Fighter**	Always in conflict — with others, self, or circumstances.
■ **The Pleaser**	Lost self trying to be everything to everyone.