Read each sentence below. Circle F if you think the statement is false. Circle T if you think the statement is true.

1. “Achievement” and “talent” mean the same thing.  
   T  F

2. Failure is a sign of weakness.  
   T  F

3. Practice is important for learning and developing skills.  
   T  F

4. A growth mindset focuses on effort and tenacity.  
   T  F

5. Intelligence is inborn. You’re either smart or you’re not.  
   T  F

6. In order to succeed, it’s best to stay within your comfort zone.  
   T  F

7. Human brain development is complete by the age of 14.  
   T  F

8. The most successful people are those with natural ability.  
   T  F

9. Criticism is important for personal growth and learning.  
   T  F

10. It’s important to avoid taking risks.  
    T  F

*The Answer Key appears on the next page.*
Answer Key

1. “Achievement” and “talent” mean the same thing.  
   False. Talent isn’t enough. Effort is needed to nurture a talent so it becomes a skill, leading to achievement.

2. Failure is a sign of weakness.  
   False. Failure provides an opportunity to learn from our mistakes.

3. Practice is important for learning and developing skills.  
   True. Practice helps us improve existing skills and develop new ones.

4. A growth mindset focuses on effort and tenacity.  
   True. Hard work and tenacity are crucial for fulfilling your potential.

5. Intelligence is inborn. You’re either smart or you’re not.  
   False. With effort, you can become smarter.

6. In order to succeed, it’s best to stay within your comfort zone.  
   False. It’s important to challenge yourself by getting out of your comfort zone.

7. Human brain development is complete by the age of 14.  
   False. The brain can develop new brain cells and establish new connections between cells throughout life.

8. The most successful people are those with natural ability.  
   False. Without effort, natural ability does not guarantee success.

9. Criticism is important for personal growth and learning.  
   True. Criticism helps us identify and correct our weaknesses.

10. It’s important to avoid taking risks.  
    False. Taking healthy risks is important for learning and success.