

# Victim Mentality

# Can-Do Mentality



Vs



Believes that they have no control over their life



Blames others for their situation



A pessimistic outlook on life



Uses tragic stories to promote victimhood



Focuses on what they lack



Believes that they are responsible for the changes in their life



Takes accountability for their actions



An optimistic outlook on life



Uses stories to promote empowerment



Focuses on being grateful for what they have