

Mindset synopsis
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After watching the two videos on mindset I began to realize that I have both a fixed mindset and a growth mindset depending on the challenges I am faced with. For example, at work, I have a growth mindset and I am willing to work harder and try and try again to get something right. This also shows in my friendships and relationships. I want to help please everyone and I will go out of my way to make sure they are okay and I offer myself for if they ever need anything. However in math, for example, I keep struggling no matter how hard I try or how many hours I spend studying. When I took the mindset quiz I got a 41, this means that I have a growth mindset but I also have some fixed ideas. This does correctly correspond to what I just stated. I think I got my growth mindset from my dad, who is a very outgoing man, hard worker, and also is always challenging me to go out and do things that might not be within my comfort zone. He and my mom both be there when I stumble backwards and encourage me to get back up and push forward. That being said they are also my biggest fans on the sidelines when I win at even the smallest obstacle. I don't think I have a different mindset after watching the videos, more or less it made me appreciate the current mindset I have now.