According to the mindset quiz, I have a primarily growth-oriented mindset, with a few fixed ideas. In general, I believe that almost everything about a person's mindset; personality, disposition, etcetera; can be changed. There are some things that are extremely difficult to change, and there are those who have some form of deficiency or disability that makes changing certain parts of themselves exceedingly difficult, if not impossible. However, there are some fundamentals of the nature of Man that cannot be changed.

    Man is not basically good. Strip away our hesitation and second-guessing, and all people will act first out of their own desires, even to their detriment. Our instincts are baser than animals, concerned only about living, and what feels good in the moment. But we are blessed with sentience, self-awareness, and intelligence. With these come the ability to fight against our nature, and make good decisions, even when our self-pleasing desires would fight against them. Fundamentally, we cannot change our very nature, but we are unique in our ability to reject, ignore, or even shape it. We can choose which parts of ourselves to embrace, and which to deny, and that makes us wonderful.

    My perspective on mindset hasn't changed much. There was once a time where I may have had a more fixed mindset, but that changed as I grew. The materials provided didn't do much of anything to change the way I think, and I imagine my mindset will continue to be roughly the same going forward. That said, while I may believe change and growth is possible, I also admit that it is difficult. I am easily discouraged, and given my own disabilities, I find myself hitting a lot more walls than I'm comfortable with. Despite this, I have made a commitment, and will continue striving to move forward, even if it means I have to back away for a moment to approach something at a new angle before continuing.