Mindset

The results that I received from my mindset quiz was a 40, which they suggested meant I have a growth mindset with some fixed ideas. I do not completely agree with that only because the questions of the quiz were very black and white, and it was obvious where you would fall on the scale depending on what answers you chose. To fully measure mindset, I think there needs to be deeper, more narrowed down questions. Regardless, having an open or “growth” mindset towards just about anything in life is very crucial for a lot of reasons. I have always tried very hard to have a growth mindset throughout my whole life, even before I was aware I was doing it. It doesn’t matter how small or big a situation may be, having a growth mindset is very important for bettering yourself as a person, or just improving your overall quality of life. That being said I do not feel that this lesson changed my mindset at all, more so than it just reinforced and expanded upon ideals I have already placed firm beliefs in. It was nice to have a refresher on why it is important to think with a growth mindset, however.