

1. I honestly saw that we had to watch a hour long video and I was a little bummed out considering I'm running behind on completing this week's homework not gonna. After I watched it and i'm truthfully blown away by Randy. I got a little choked up his positivity in the face of death reminded me of my own life not to get personal but i've been in similar situations but unlike randy i didn't have the mindset he did it wasn't till later i was forced into that mindset because what else can we do in the face of absolute defeat if you can't change the outer world then first start with the inner I think randy managed that pretty good. I really like the way he stuck to his goals and the fact that he was able to complete so much of what he wanted as a child helped him into such a good place for the inevitable death he would face. His thoughts on critics being important for growth when he said it's not the criticism that's bad but the silence from critics if you continue to still make mistakes because they no longer care to see you be better. The last point he made that I really resonated with was the idea that the walls are put up in front of you in order to keep the people out who dont want it enough. I understood what he ment and I've been there, i really like Randy he was a pretty damn good human in just one hour, I think I felt pretty much every emotion possible. I was sad to learn he passed away. I was hoping his warrior spirit would have saved him but perhaps his death was necessary for what he was trying to prove. Loved it
2. My mindset results were 36, a Growth mindset but with some fixed ideas after first I got a little offended but then I thought about it for a moment, perhaps that trigger I felt reading about my fixed ideas was the inability to believe in change of ideas I had since I was a child. Not to get too deep but iv taking up a more spiritual mindful path since i moved to montana and iv had a bit of time to question the things i thought was me "my mindset" and at this point i would say most of your ideas and identity can be changed but that "inner you" is pretty fixed we can change our mindset and ideas but what we cant change is that essence that makes us a unique individual without that "essence" we would all just be robot people repeating ideas. Going forward i'll be on the same growth path iv been on but this exercise was a reminder that we don't need to fixate on a singular idea we hold onto its okay to question and explore the things we identify with.
3. My results were Auditory 25% Visual 45% Tactile 30%. The one main focus would be for me to pay more attention make sure i watching what's going on in the class i was expecting myself to be a more tactile learner i thought audio learning would have been higher
- 4.
- 5.
6. 2820 was my kahoot quiz