Before this assignment I was not aware of what a mindset was. After reading and taking the quiz though I was somewhat shocked by my results. After taking the quiz I got agreed with four of the fixed mindset questions and agreed with four of the growth mindset questions. This was shocking to me since it was sort of a fifty-fifty.

I absolutely have a different perspective on mindsets now. My Dad always told me growing up that I should be careful about what I think and say because if I say it enough it might come true. The mindsets kinda went hand and hand with that for me. For example if you think you are not good at something you most likely will convince yourself that you’re not good at that said thing.

I do think this will affect my outlook moving forward. I am definitely going to be more aware of when I beat myself down and try to get back into a growth mindset. Keep my mind in the sense of knowing I can do something rather than telling myself I can’t.

Overall I did really enjoy reading about mindsets it really opened my eyes to how powerful a growth mindset can be.