**NAME OF PARTNER:** CHIZZY AJAEBILI

**DATE AND TIME:** AUGUST 20, 2022

**AREA OF CONFUSION:** No, not really

One thing i learned as a result of the conversation is that having a fixed mind keeps a person limited and doesn’t give a chance to grow but having a growth mindset makes a person grow and drives us past our limits and brings us to our full potential. I also came to the understanding that grit has a lot to do with every challenge we passed.

My own personal experience of **yet**....I’ve had multiple experiences with the word yet. For example, my experience as a programmer, there are times i’ll be working on a software and i’ll be facing a really annoying bug that seems unsolvable which in turn leads to frustrating and a thought comes to my mind to abandon the project and save myself from this present feeling of frustration i’m feeling; had to push aside that feeling and thought and keep pushing cus i know i am capable of solving the bug i’m currently facing and i would. The word **yet** serves as a push and a drive to me to keep pushing to reach my full potential and to make sure i finish what i started

One way i personally practice a growth mindset is i see no limitations in myself. I believe i have to keep growing cus i haven’t reached my full potential. I say to myself, keep growing, keep pushing, keep learning, you have no limits cus those who say this is their end point or they can’t grow past this point can never grow and i move away from people like that so i won’t be stagnant or let their energy of limitation rub off on me