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Mart 120

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Mindset

When someone tells themselves they are incapable of doing something, they begin to place limitations on themself. This fixed mindset can negatively impact success in life. When faced with challenges, depending on your mindset it can be easier to admit that something is hard and give up, rather than to consider what needs to be done to overcome the obstacle. The concept of a fixed vs growth mindset is perfectly explained by Randy Pauch’s experience with becoming a Disney Imagineer. After being rejected, Pausch said something along the lines of brick walls are there to so we can prove how badly we want something. I believe that Pauch exuberates determination in achieving his goals due to his growth mindset. Continuing to maintain a fixed mindset may lead to stagnation in professional or academic environments.

While the impact of my assistance is not certain, I believe my growth mindset has done much to help others. Through motivation and reassurance, I have helped many of my friends who have struggled with overcoming their personal obstacles. Some challenges may drastically alter our current mindset, and sometimes providing support is enough to help someone obtain a growth mindset in order for them to succeed.

My mindset score was 51, and 45 - 60 suggests a strong growth mindset.