The first fixed mindset is not willing to take any risk. The first reason is a priviledge, where I don’t have any challenges to fulfil what I want. The second is fear of failure. The third reason is because I lack of confidence. The fourth reason is because negative self-talk. I tend to blame myself if a can’t do something really good. The fifth reason is because influence from other people. I ask my friends if they willing to take the risk and if they said no, I’m going to do that as well.

The second fixed mindset is I think it’s a good enough work that I done. I developed this mindset because first I’m too lazy to do any work to the fullest. The second is because I just don’t have a motivation yet. The third reason is because I have a limited perspective. I just thinking that’s the best I can do. The fourth reason is because I don’t ask people for feedback about what I have done. And the fifth reason is because I don’t set a clear goals about what I want to do.

The third fixed mindset is waiting for others to approach rather than taking the initiative to connect with new people. The first reason is because I have a fear of rejection. The second is lack of self confidence. The third reason is because lack of social skills. Since I never approach someone first, I never have any skills to talk to anyone else. The fourth reason is limited social network. Since high school, I have never been joining any organization till now so that make me doesn’t have a lot of social network. And the fifth reason is because I don’t have a motivation to approach anyone first.

Challenges that I have to change my fixed mindset to growth mindset is first is just to take the risk without thinking too much about it. The second challenge is I’m going to do any of my work to my limitation. And the third challenge is I’m going to approach anyone first without thinking what they think about me.

To overcome those challenges, what I’m going to do is I’m going to reward myself with some fancy food if I completed a risk that I took. Then I’m going to study more to improve my skills and I’m going to ask a feedback from my friend about my work. And lastly I going to use a discord to increase my social skills.