The first one would be, “I don’t like talking in front of public”. It’s because I fear making mistake or being judged, and where my ideas will be ridiculed. I have been in situations where my opinion were not taken seriously and that makes me feel vulnerable and exposed. I feel vulnerable because I feel that my thoughts reflect my identity and worth. And probably because I have belief that being right or valued is essential for self-esteem.

The second one is “if I can’t, then I can’t”. this thought occur when I assigned to a challenging project or when I learn something new. For example when I want to go deeper in programming, like coding, sometimes it’s very hard to understand and I just want to give up. I constantly feel like this is not the path in my life where I want to be. I’m worried if I’m failed, because I think it will affect my reputation or others perception of me and my closest people disappointment.

The third one is “I don’t want to try that, what if I’m not good at it”. I have had experiences in the past where I’m struggling with some task in a group project. I feel overlooked in the group because of that. So I feel embarrassed that I didn’t perform well. I often tie my self-worth with my achievements and how others perceive me.

To shift my fixed mindset into a growth mindset, I have identified 3 challenges and a plan to overcome them.

The first challenge is to gaining confidence in public speaking, I will start small by practicing my speaking in front of mirror or recording it before moving into real world. I plan to be more active in group discussion, and I will remind myself that mistakes are part of learning.

The second challenge is to particularly learning. If I can’t, then I have to learn more. By breaking down my learning into smaller, and focusing on one concept at a time. Also seeking support from online communities or study group.

Lastly, I want to overcome the fear of trying new activities or tasks. By viewing new challenges as experiments rather than tests of my worth. I will remind myself that everyone starts as a beginner.

By implementing this strategies, I want to develop a stronger and more positive mindset.