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**Study Group :** MD-02

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# **ADAPTABILITY**

Here are the fixed mindset statements I have towards myself:

1. I can’t stand talking in front of the public.

* **Why?** I always stutter when I talk in front of the public and I feel embarrassed about it
* **Why?** I do have a lack of confidence to talk.
* **Why?** I feel anxious and afraid of making mistakes while I’m talking.
* **Why?** People are going to judge me and look down on me
* **Why?** My thoughts tell me about it.

Challenge:

* I must get used to talking in front of the public. my thoughts aren’t always right.

1. I’m never good enough at doing or learning something new

* **Why?** I feel inadequate to do/learn that
* **Why?** I always make mistakes while doing or learning something new and I can’t put up with it
* **Why?** That makes me look stupid
* **Why?** I think making mistakes is a sign for incapable of doing something.
* **Why?** When I wasn’t able to do something, I made mistakes

Challenge:

Make more mistakes when trying to do or learn something new, because making mistakes is a proof I am trying

1. I overthink everything too much

* **Why?** There are a lot of thoughts in my mind
* **Why?** I have a lot of scenarios of what will happen to myself
* **Why?** I don’t want to make a wrong decision
* **Why?** I want to live in my comfort zone
* **Why?** I feel comfortable

Challenge:

Do whatever I want without overthink too much, do what makes me uncomfortable and get out of comfort zone. Because it makes me grow.