

## Mindset

When reviewing a fixed mindset and a growth mindset, I categorized the two into having an optimistic view on things or a pessimistic view. Generally, I think that many people are fixed in their ways of thinking and ideas, however, I know that people can change and go for a much easier and light way of thinking. I personally may have had more of a fixed mindset in my earlier years of maturation. But once I had come into my own skin, and been comfortable with failure and acknowledging when I felt bad about something, I found myself to be much more happy and optimistic. I think that this video puts a nice perspective on things, and reminds people that it is easier to let their guard down, accept failure, and move on with their lives. Even with minuscule events, it is important to tread lightly and know that things tend to work out for the better. The result of my mindset quiz was a score of 51. This falls into the category that I show a strong growth mindset. I know my results may have differed years ago, but I am content with knowing that I have grown and had a much more open mind about learning from your mistakes and maturing in general. Though my score was on the upper level of an open mindset, there is always room for improvement!