Over time, I’ve realized some of my thoughts reflect a fixed mindset. To grow, I need to challenge these beliefs and adopt a growth mindset.

**The first one is "I don’t like talking in front of the public."**   
Public speaking has always made me anxious due to a bad experience in elementary school when I forgot my lines at a speech contest. I used to think good speakers were born, and it's just not me. Now, I believe public speaking is a skill I can develop with practice and preparation.   
*Challenge:* I'll start with smaller groups and gradually build my confidence, using regular practice and feedback to improve.

**Next is "I’m scared to express my thoughts and feelings when needed."**   
I’ve often held back from expressing myself, fearing judgment or misunderstanding. However, I now see that sharing my perspective is valuable, especially in work conditions when clarity is needed to avoid misunderstandings .  
*Challenge:* I’ll practice self-expression in safe spaces like small discussions and work toward more challenging situations. I’ll remind myself that speaking up leads to better understanding, even if it feels uncomfortable.

**The third one is "I’m not good at learning new things quickly."**   
Learning new things used to frustrate me, and I believed that I couldn’t adapt quickly. And the experience that I successfully teaching myself piano showed me that consistent effort and patience are key. My new belief is that I can improve with practice and guidance, even in tech skills.   
*Challenge:* I’ll set time each week to learn new tools and break tasks into manageable steps to stay motivated.

**Conclusion**  
By shifting to growth-oriented beliefs, I’m committing to continuous self-improvement. Challenges will remain, but now I see them as opportunities rather than obstacles.