

## Mindset

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My results from the mindset quiz really surprised me. My results suggest a strong growth mindset; however, I have some fixed ideas. I also have a growth idea as well. I expected that more of my results would come up as me having a fixed mindset, despite me rather wanting to have a growth mindset. There were a few points when I think my fixed mindset took over, however I was pleasantly surprised to find out that I had more of a growth mindset than I thought.

My perspective on mindset is a little different now. I normally try to stay positive when things aren't going well, however now I want to focus on not letting failures tear me down. I want to remember yet vs not yet, instead of pass or fail. I want to incorporate growth into being one of my goals in just all aspects.

I think learning about fixed mindset vs growth mindset will affect my outlook moving forward in a positive way. I now know what another mindset I want to be in when I am feeling very fixed and unchangeable. Growth is such a good thing to have in an individual's life.