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Mindset Synopsis

I have always thought that it is important to have a positive mindset, however I never paid much attention to my mindset when it came to growth vs fixed. I reflected a little while and realized that I have a growth mindset for a lot of things, but in many other aspects I am very stuck in my ways and have quite a fixed mindset. I reflected on myself after taking the quiz and thought of a perfect example. I am a fishing guide, so I spend a lot of days on the water fishing throughout the spring and summer. I have a fixed mindset when it comes to how I load and unload my boat onto and off of my trailer. I do it the same way that I always have, and I never have listened to anybody when they have offered suggestions or other ways to do it. I also have a fixed mindset on certain things that I have had bad experiences with. For example, I haven’t had many great fishing days on the Missouri river, so I deem that river as ‘bad’ and rarely ever fish there even when reports say that it is fishing very well. I would rather struggle on a river that I like to fish than go up there and have a good day on a river that I dislike. On the other hand, I am always open to fishing new bodies of water, using new fly patterns, different methods of fishing, and different tools. That being said, up to this point if one of those new things left a bad taste in my mouth, I would never revisit them. After taking the quiz and reflecting a bit, I realize that I need to open up my mind even more and give things another try even if my first time was unsuccessful. I think that this reflection will help me in many aspects of life because I truly do think that it is important to have a growth-oriented mindset. 