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| FIXED MINDSET TO GROWTH MINDSET | | |
| FAUZI IRFAN SYAPUTRA | M120BSY1346 | ML-23 |

Forming a growth mindset is crucial for personal development. I want to share my plan of changing a fixed mindset into a growth mindset within myself. I analyze each challenge of a fixed mindset to understand the reason behind it and make a plan to overcome these fixed mindset obstacles.

I tend to procrastinate due to my comfort zone and lack of self-discipline. To address this challenge, I will change my approach to cultivate a growth mindset. I will break tasks into strucutred steps, set deadlines for each task, use reminders to track my tasks, and establish boundaries for distractions, such as muting notifications on my phone or scheduling time to check them. Additionaly, I will work on self-discipline by increasing complexity through completing small tasks and rewarding myself when I accomplish them.

I often find myself easily satisfied with my efforts. To transform this fixed mindset into a growth mindset, I will seek feedback from others regarding my work, use that feedback to identify areas for improvement, set specific improvement goals based on the feedback received, monitor progress over time to stay on track, and build confidence by focusing on achievements, staying postive, and supporting myself. I will also build a network with people who suppport my growth.

I tend to think that life follows a predetermined path, which stems from resistance to change, negative self-talk, and a lack of a support system. To change this fixed mindset into a growth mindset, I will build a support system with positive and like-minded individuals, join communities that align with my interests, counter negative self-talk with positive affirmations, practice positive affirmations to boost confidence and motivation, and recognize that every change requires a process, time, and consistent effort, motivating myself through self-rewards.