

Sophie Farwell

Mindset

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My results from the mindset quiz I thought were interesting. I have a fixed mindset. I wasn't surprised by this because most of the time I'm in generally a one stable type of mood. I find it interesting however that I am still very much affected by the people on the energies around me. Like anyone, if there's someone out in a really good mood around me it's easy for me to get out of that funk if I was in a bad mood.

More important than that, learning about mindset is necessary to learn how our basic human brain is functioning. It's important to remain stable and grounded in your mindset but it's also important to realize that the people around you are trying to get you out of a funk. Most of the time you just need to change your perspective to allow you to do that and sometimes that takes a friend cracking a funny joke or maybe even knowing that you need to go on a walk to clear your head. Those are the key things that you need to know in order to prosper in life.