Spencer Price

Thoughts on mindset exercise

Fortunately, I have done this exercise before, and I will say it helped to reinforce that I can control what I choose to feel. Also, that my emotions are valid, but they don’t have to dominate they way I act. I also see why this could be a huge obstacle to a student when learning to code. Guess-and-check behavior is a difficult thing to learn if you haven’t exercised it recently. It’s painful, but hey; rocket spends the most amount of fuel on take-off.