**1**

**I feel intimitated by other’s accomplishments**

I see that my friend has learned React framework. React hasn’t been even given in my college. I feel I’m not good enough, I look down at myself

* Why I feel intimidated by it? I think myself is not good enough
* Why I feel not good enough? I feel too slow on catching up to latest trend.
* Why don’t catch up to latest trend? I have a lot of volunteering job to learn softskill.

**Growth Mindset**

Everyone is moving at their own pace. Don’t value myself, with other’s accomplishment. We build differently. Be grateful because now I can ask my friend to learn that new skill.

**22**

**I am not working hard if I know I’m going to fail**

When in SBMPTN, I feel there must be someone on other campus that is better than me. Then I don’t study at all and answer it carelessly. I got rejected.

* Why do I don’t work hard? Because I feel someone else is better
* Why do think someone else it better? Because I am pessimistic

**Growth Mindset**

There’s an experience comes with losing. I can see failures as an opportunities to learn, reasses and do better next time.

**3**

**I can’t take feedback constructively**

Whenever someone criticized me, I feel resentful, and I feel like my work is wasted. It feels like they don’t appreciate my effort.

* Why do I can’t take feedback well? I think they disrespected my effort
* Why do I think of it that way? I won’t criticize other if they give effort.

**Growth Mindset**

Everyone expresses their opinion differently. Some can’t construct well criticism, that causes unwanted attack. I can learn other’s perspective and to focus on value that will be useful to me.