

So I scored 44 on the Mindset quiz. I'm not super surprised by that. I have a growth mindset with some fixed ideas. I'm still trying to get those fixed voices out of my head! I feel like those first voices in our heads that we repeat back to ourselves come from our parents, our primary caregivers. The fixed ideas in my head come from the people in my life that have tried to contain me to a box. I'm not a fit inside this box kind of person. I do not parent my children in that way either. This helps me reinforce to myself that I am on the correct path. I've been moving closer and closer to fully understanding growth ideas as a person. I am thankful that this is an open place to do just that. :)