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Mindset Synopsis

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Mindset is important. Mindset is a huge factor in how a person reaches success. It can make a huge difference in life depending on how people look at the different things that they encounter. My result from my mindset quiz score was 40. The 34-44 score range on the quiz suggested I have a growth mindset but with some fixed ideas. I would definitely agree with this score as I like to try and be an open minded person, but I do have a more pessimistic opinion on things. A negative mindset certainly can hold someone back, and I had not even realized how restricting it can be until watching Carol Dweck’s video. I definitely think that learning about the different perspectives people have and how it correlates with how they perform tasks has me more conscious about being open minded.