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The first example of a fixed mindset I have is that I feel less confident when it comes to public speaking. I feel insecure because I am always nervous when I am in a public place and feel that what I say will not be understood by the audience. In addition, in my mind there have been a lot of negative thoughts that come, even before I appear in public. From this fixed mindset I try to turn it into a growth mindset by trying to eliminate first the negative thoughts that are on my mind before I appear in public. and also trying to convince myself that I can show my best. The way I change my fixed mindset to growth mindset is to increase the practice of speaking in front of the mirror first and prepare as well as possible what is I'll tell you.

The second example of a fixed mindset that I have is that I feel that I cannot develop my skills and skills other than in the IT field. This thought came because I felt that with my educational background in technology I did not need to study other fields unrelated to technology. From this fixed mindset I tried to turn it into a growth mindset by convincing myself that studying other fields would be very beneficial for my career in the future, even if it is not for a career, at least it is beneficial to increase my own self-knowledge. The way I change this fixed mindset is to increase reading books at least 1 book in 1 month as an exercise. In addition, I learned 1 new skill for at least once every 2 months.

The third example of a fixed mindset that I have is that I always try to do group tasks individually. This I did because I felt distrustful of colleagues in my group that they could do their best. I feel that only I can give my best. But this is sometimes a boomerang for myself. From this fixed mindset I try to turn it into a growth mindset   by shortening my relationship with my colleagues every time I have a group project, this is to get to know them more close. Moreover, I must realize that no human being is perfect, therefore I must trust my colleagues more that they will do so the best too.