

Self Confidence Quest

Video 1 Worksheet

Quiz:

Consider this example and how you would feel if it were you: Imagine that you had a terrible day. You spilled coffee on your shirt on the way to work, you got a parking ticket on your lunch break, and your boss reprimanded you for publishing a document with several mistakes. How would you react?

- a) You'd feel bad about yourself for being clumsy, unintelligent and unlucky. You'd accept that this is just how your life goes.
- b) You'd be upset but you'd be thinking about how you should probably use a better travel mug, be more careful about where you parked, and double check your work.

Next, answer these questions:

If I told you that your intelligence, like an IQ score, is something about you that you can't change, would you:

- a) Agree
- b) Disagree

If I told you that talents are something you are born with, would you:

- a) Agree
- b) Disagree

So, did you answer mostly A's or B's?

Before you dive into what all this means, the number one most important thing you need to know about it is: **if you don't already have this mindset, you can learn it.** This core belief system is called the **Growth Mindset.** And the opposite way of viewing the world is called the **Fixed Mindset.**

If you answered all **b's**, you have a growth mindset. If you answered some **a's**, that's okay, because your answers to those questions will be very different by the time you finish this course.

Growth mindset: the growth mindset is a belief that your basic qualities, including intelligence and talent, can be cultivated through effort. This means that while people may be different, with certain aptitudes and temperaments, all aspects of a person's abilities and personality can be changed, regardless of where your set point is.

Fixed mindset: The fixed mindset, on the other hand, is a belief that these same characteristics are fixed at birth or become locked in by a certain age. This means that some people are just inherently more talented or intelligent than others and that's just the way it is.