

Free mindset essay sample

[Psychology](#), [Success](#)



One's mindset is the totality of their knowledge, their thoughts and beliefs about themselves and the world they live in. Developing the right mindset is a very important ingredient to success in anything ones does in life. The state of the mind can either lead one to failure or success. One's perception affects how they act and react to information that gets to their mind. There are various types of mindset; they include the fixed mindset, the growth mindset, productive mindset and defensive mindset. Through this essay, I plan to give the reader an insight into my mindset using a picture that reflects my experiences and how they shaped my mindset. Judging from my current position and past experiences, I possess a growth mindset. I believe that my basic talents and abilities can be nurtured through practice and hard work. Therefore, I am a willing learner with dreams of making great accomplishments through developing my brain and talent. Arguably, this is the mindset of almost all great people to ever live. To illustrate this, I will use a picture of a structural engineer supervising the construction of a new thirty storey building in a developing urban center. Through the picture, I will break down my mindset into various aspects and relate them with aspects of the picture.

1. Gathering of Relevant Information

4. Shaping my mindset, with vision and goals A directionless life is a waste of time. I picture what I want to be in the future and break down the vision into goals I want to achieve. By doing this, I shape my mindset to be in sync with my vision. Once I have broken down the vision into goals, I am able to work towards achieving all the goals to complete the image of what I want to become as pictured in my vision. From the picture, the model of the building

is the vision of the project. The blue print breaks down this vision into smaller goals to be achieved in the course of the construction. The engineer ensures that these goals are correctly achieved to give a perfect building in the end.

5. Finding My Voice Discovering me is a great part of the process. It involves finding out what I am good at, what I love, what need I have to serve and what gives meaning and purpose to my life. All these combine to make me who I am. They represent what I can offer to the world as an individual.

Going back to the photograph, the impression that the building will make upon its completion together with its contribution to the social, political and economic aspects of the area represent what the whole project has to offer to the world.

6. Protecting my mindset In everything you do, people will always want to drag you down. They will go all out to discourage you from achieving your dreams. Therefore, I have to protect myself from these kinds of people. One of the basic ways is to keep my confidence, be optimistic, work to improve myself and help others along the way. In the same way, the construction of the building in the picture will not be a smooth sailing process. There will be various challenges which may include financial constraints, harsh weather conditions, worker delays, etc. To keep the dream alive, the engineer and his team have to work to their level best to overcome the challenges that may arise during the construction of the building. In summary, by taking a keen look at the picture of the engineer supervising the construction of the building and relating it with various aspects of my mindset, we get a keen insight into my mindset. The various activities that he undertakes to see the building to completion perfectly show different

aspects of my mindset that work together to help me achieve my goals and dreams in life.

Works Cited

Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Random House, 2006. Internet resource.