
I thought that the most important thing from the **Mindset** article was how to change your mindset from fixed to growth.

I thought it was important when the article said we need to change the image of thinking we are born with talents. We compare ourselves to people like superman and we think that people are born with greatness but the reality is that people who are good at things get there because they worked hard. MINDSET

I think the most important thing about the reading is how the mindset is crucial when it comes to many challenges in our lives. Our mindset determines whether we succeed or fail in certain scenarios. My favorite quote is "In short, the fixed mindset believes that we're born with a certain amount of mojo." There is a connection between this and Bruce Lee's striking thoughts. Both elaborate on the fact that we have the power to our mind and its growth. MINDSET

1.) A key idea from this reading was the years of passion+ toil+ training because it shows that to be successful you need to practice as hard as possible. It shows that we are not born with talent, and that talent is made.

2.) "We all have our ups and downs and the sooner we embrace that, the better."

3.) I can relate this to the Striking Thoughts packet from Bruce Lee because he is talking about how everything is possible as long as you work hard, love what you do, and pick yourself up after a failure. MINDSET

1. Use a growth mindset to improve yourself as a whole. Embrace your failures to learn and improve yourself. We can do almost anything with enough practice. If you love what you do, and put in enough work you will become successful.

2. "Exceptional people seem to have a special talent for converting life's setbacks into future successes."

3. This related well with "Obstacle is the Way" article in that you must go through challenges to grow. This relates with a growth mindset and embracing failure to become great. MINDSET

1. I think the most important thing of this article is to have a growth mindset and not a fixed mindset because you will have a healthier lifestyle and you won't have to worry about other people's opinions blocking your way to improvement and success.

2. "Living with the growth mindset, on the other hand, we know that it's ONLY through years and years of hard work that we can start to tap into our potential. MINDSET

3. This connects to "Talent is Overrated" because in "Mindset", it talks about how athletes are "born that way", but they work as hard we do. "In Talent is Overrated", it connects the Mozart theory, which states the same concept. Athletes have a greater chance of having a growth mindset.

TALENT IS OVERRATED group responses

1. Key Idea-

Talent is not something are born with, talent actually takes many years if hard work and practice to develop or master a specific skill. Deliberate practice helps us improve, and it takes at minimum ten years to master a specific skill.

2. Favorite Quote-

"If you're stuck in a limited, fixed mindset but want to step into a fuller expression of your potential, study and learn more about how you can make the shift!"

3. Relationship to another Article

Closely related with the article, "The Talent Code", which discusses that talent is not something we are born with and must be created through practice. Deep practice improves our abilities and makes us better at certain skills.

- "The Ten Year Rule": no one becomes truly great at something without at least 10 years of experience or practice

- "Landing on your butt twenty thousand times is where great performance comes from"

- Relates to the Mindset reading because Mindset talks about how athletes are not born great at sports, and the Talent is Overrated reading talks about how Mozart was not automatically a great pianist right when he was born.

I think the most important part of the reading Talent is Overrated is that any goal is achievable as long as you are willing to put in the work and be completely committed. Achieving goals is not about natural talent it is about the willingness to work hard.

My favorite quote is "Great innovations are roses that bloom after long and careful cultivation."

This book also links to the ideas of Mindset. Mindset also talks about how if you believe you can achieve goals with work you have a growth mindset, which would be like thinking that talent is over rated. If you believe that you can only do things that involve the skills you were born with then you have a fixed mindset which is like thinking you can only do something if you have the natural talent for it.

The Marshmallow Test reading group responses

I think the most important thing about the article is the test that they did to show self control. They did a test where they gave kids a marshmallow and the kids had the option in to eat the marshmallow then or wait for 20 minutes until they came back to receive another marshmallow.

This test showed that some of the kids could wait to eat the marshmallow showing that they have patience and that they are more about the gratitude. The kids that ate the marshmallow right away only cared about the flavor. It has been show that kids that can do that have a higher SAT score.

The Marshmallow Test connects to The Procrastination Equation. The Procrastination Equations talks about shifting your life to be able to get everything done without doing it last minute. You want to be able to do well, and you need to value what you do. This connects to the Marshmallow Test because it is about your mind. You have to have self control in order to not procrastinate and to have self control from eating the marshmallow right away.

1. I think the most important point of this reading was to be connected to our future selves. This will allow us to make better decisions today that will more positively benefit us later in our lives.

2. My favorite one sentence quote was "If we want to strengthen our delay muscles, we'd be wise to strengthen our connection to our future selves."

3. I connected this to Mind Gym because in Mind Gym it says that limits begin where vision ends and in the Marshmallow test it says that our willpower is infinite even though many people say it has limits.

1) The most useful things that I thought was important was that you have to make sure to master self control. You have to learn to be able to get past the things that hold you back. Also to learn to make your brain from a hot brain to a cool brain.

2) My favorite quote is "The power is not in the stimulus, however, but in how it is mentally appraised: if you change how you think about it, its impact on what you feel and do changes..." This Quote really describes how much your brain can impact what you perceive.

3) This book connects to the "Mind for Numbers". In mind for numbers they talk about how much self control can impact the way you go about getting through problems right in front of you with self control.

The key idea to this is self control and the ability to wait for the things that you desire, which is why they had the marshmallow test, to see if kids could wait 20 minutes with a marshmallow in front of them in order to get another marshmallow. This relates to impulsiveness (hot brain) and a rational thought process (cool brain), and it is shown that being able to have self control and a cool brain leads to more success.

I enjoyed this sentence: "If you believe that persisting on tough tasks is energizing rather than depleting, will it protect you from fatigue? Indeed yes: when people are led to think that effortful tasks will invigorate rather than drain them, they improve their performance on a later task."

I think it relates a lot to me as an artist and art student because sometimes it is difficult to get through projects since I think of the product instead of the process, and how tired I'll get getting to the final product instead of thinking about how fun it is getting to do what I love.

This related to the book "Mindset" since it talks about how there is a fixed mindset versus the growth mindset, which is similar to the hot and cool brain in the marshmallow test. In both books, they discuss how you can change the way your mind works to become more rational and cooled off and willing to change and grow, rather than being impulsive and quick to pull a trigger.