

Reflection essay

The last lesson of what's in my backpack. fixed and growth mindset. Of all the lessons that i've had, i found this the least interesting one, because it was just basically about are you willing to change yourself? Like if you think you're to lazy, are you willing to change yourself to get the best of out yourself? I think everybody does but not everyone actually does it. But focussed on me, I know i'm willing to change and that i am changing, don't ask me why i know this, but really think that i'm evolving, being more mature and really think about the things behind everything. Moving on positivity in your life is important. I do agree that you should have a positive mindset about life and the things you do because focussing on the negative won't always make a better picture. I find it hard to reflect about this because i already thought about it myself since i've already had a few moment where i was like; If i wanna do great things and be great, i have to change to my mindset and focus. Not just getting the best out of myself but also be more open to things in life and thank every little moment you have, because there are people that don't have the same opportunities like me. Ms. Jolly reminded me about the refugees that are coming these days and i kind of forgot about them until she mentioned them. It didn't made me feel good and reminded me about how blessed i actually am and i have to thankful for the things i've achieved and still going to achieve. So i guess still have to make a little switch on the mindset part and make my way more towards growth, not too fast though, but i'm getting there.

Of all the PSD-lessons, whats in my backpack was the most enjoyable for me. I've learned a lot and Ms. Jolly made me rethink about a lot of things which are interesting because normally you wouldn't think about those things. They are there in your head, but you're not consciously thinking about them and what's in my backpack did this for me. I learned to get to know myself a lot better and also that i actually don't really know myself that well. I'm still looking for my talents or the things that really drive me to do things. One thing that i know is that i'm still young, only 21 years old, and that i have whole life in front of me and that i need to make decisions which will probably effect the rest of my life, but theres enough room for improvement and to still figure everything out and I can't wait to see what life has in store for me and i hope that i will end up well, happy and that i've fully discovered myself. I wish there were more lessons like this where students that have a hard time like me discovering themselves get help in doing it, but for now it is how it is.