

Stay humble

Overconfidence leads to bad decision-making, finds study

B **EING CONFIDENT** IS one thing and being overconfident quite another. Researchers have found that those who think intelligence is fixed and unchangeable tend to be more overconfident. "Such people tend to maintain their overconfidence by concentrating on the easy parts of tasks while spending as little time as possible on the hard parts of tasks," said Joyce Ehrlinger from Washington State University in the US.

"A little bit of overconfidence can be helpful, but larger amounts of overconfidence can lead people to make bad decisions and to miss out on opportunities to learn," Ehrlinger added in the paper to be published in March in the *Journal of Experimental Social Psychology*.

But people who hold a growth mindset - meaning they think intelligence is a changeable quality - spend more time on the challenging parts of tasks. Consequently, their levels of confidence are more in line with their abilities.

The researchers note that overconfidence is a docu-



mented problem for drivers, motorcyclists, bungee jumpers, doctors and lawyers. According to the first of three studies, the researchers found that students who hold a fixed mindset about intelligence were more overconfident about their performance on a multiple-choice test than those with a growth mindset.

The second study found that students with fixed mindsets devoted less attention to difficult

problems and, consequently, displayed more overconfidence than those with growth mindsets. Further evidence for this conclusion came from a third study, which showed that forcing fixed theorists to really look at the difficult as well as the easy parts of an intellectual task shook their confidence, inspiring more accurate impressions of their performance.

"We know that students' be-

liefs about intelligence are very consequential in the classroom and that interventions teach students a growth mindset lead to improvements in their grades," Ehrlinger said.

"We also know that being overconfident keeps people from learning. You have to understand and acknowledge what you don't yet know in order to truly learn," Ehrlinger explained. *IANS*

Think positive

Meditation, sea salt can help get rid of negativity, according to a lifestyle expert



GOOD ENERGY PLAYS a key role in bringing in positivity in your home. Try using sea salt, which helps in purifying the house and never keep any kind of heavy furniture in the centre of your house as it blocks off all the positive energy entering your house, says an expert.

Madhu Kotiya, spiritual healer at indiatarot.com, has shared tips to get rid of negativity from your home.

- **Sea salt:** This is a very commonly applied and tested formula to take away all the negativity from the house. It will purify your home and create a lot of fresh space. Sea salt can be used as it is or can be mixed with water and can be placed in different areas of your house. Make sure it is placed in North-East or South-West directions.

- **Remove all the mess:** All of us have the habit of piling up old

stuff in drawers and bed boxes without realising that we are actually trapping all the negative energies inside the house. Throw away all that you don't need anymore, be it old dirty clothes or old newspapers and magazines. Also, make your bed in the morning before you leave your house.

- **Rearrange your furniture every now and then:** Never keep any kind of heavy furniture in the centre of your house as it blocks off all the positive energy. Try keeping plants inside your house as it adds colour, life and bring in positive vibes.

- **Avoid overcrowded walkways:** Place small little things on the walkways, according to the area and space. Avoid large paintings or frames on that way.
- **Meditation:** Meditating once or twice a day in your living space will bring in positive vibes to your house. *IANS*

ALIGN YOUR LIFE

Enhance the Right Energy

T here is a widespread belief that moving water is considered very auspicious in Feng Shui. Many restaurants and hotels create large artificial waterfalls. Some resorts even create water walls where water constantly flows over the wall. The common belief is that moving water attracts money and improves business. That is one of the reasons why houses near water bodies fetch a higher price. One client who resides in Shanghai actually built an artificial water pond in front and at the back of the house to give a feeling of being surrounded by water on all sides.

Water is one of the five elements in Feng Shui and it represents movement and growth. Moving water is supposed to bring about change in the dormant energy and help in activating Water Star. Once this Star is active, it brings about good opportunities and a boost in finances.

As per Flying Star School of Feng Shui, we have two types of energies surrounding us. We have the moving energy known as the Water Star, and the static energy known as the Mountain Star. Water Star always needs to be activated with water, light, music and any kind of activity. This Star is associated with career progress and financial stability. The Mountain Star needs to be in a quiet corner and needs no activation. This star represents relationships and good health. There should be no moving water, music, cooking stove or television in this area. The area of Mountain Star needs to be left quiet.

These two Stars are derived after running some calculations on the floor plan of a house and are based on the year of construction and the compass direction for the facing of the house.

The most important thing to remember is never to activate a Mountain Star. If this happens even by mistake, it hampers interpersonal relationships between a couple and the other members of the family living in a home.

Water Star can only be activated with some kind of movement. If the Water Star is not activated and the area is quiet, dark and used as a store room, then the Water Star dies and it will impact your career and prosperity.

Enhance the right Star and you will see a big difference in your life.

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