

The Art of Failing Successfully

Posted by Yossi.L. - 30 Oct 2011 00:12

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I recently read an article that told me what I already knew from personal experience, however, its always helpful to have that knowledge scientifically proven. I will summarize the article;

A new study, led by the psychologist Jason Moser at Michigan State University tested a dichotomy first proposed by Carol Dweck, a psychologist at Stanford. In her influential research, Dr. Dweck distinguishes between people with a fixed mindset—they agree with statements such as "You have a certain amount of intelligence and cannot do much to change it"—and those with a growth mindset, who believe that they can get better at almost anything, provided they invest the necessary time and energy.

While people with a fixed mindset tend to see failures as purely negative—a sign that they aren't talented enough for the task—those with a growth mindset see mistakes as an essential precursor to knowledge, the engine of education.

After multiple studies Jason Moser proved that people with a growth mindset achived success 50% more then people with a fixed mindset.

The psychologist David Nussbaum has shown that whether we tend to learn from mistakes or brush them aside, the response is rooted in repairing our self-esteem. Failure is never fun, but success requires that we learn to fight through our frustration and find the upside of error.

How true it is.

Yossi

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Re: The Art of Failing Successfully

Posted by Tzvi S. - 30 Oct 2011 12:55

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As Dale Carnegie said:

Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.

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Re: The Art of Failing Successfully  
Posted by Yossi.L. - 31 Oct 2011 04:38

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Well said.

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