

Growth Mindset Thinkers

Video: The Importance of Self-reflection

(JIM FISHER:) It's like you have to embrace failures. You have to embrace the failures. You have to accept them. You have to say I didn't do as well as I wanted to do. Why didn't I? What was it that I could do to do it differently? It's not because I'm not able to. And in the leadership thing there is no limit. There's not, like, you know -- there's a -- I could say I have a limit to how fast this body can run a marathon. Absolutely. I accept that. But my physical limit is not what -- my mental limit comes before my physical limit. I just know that. So in your head you always have this idea that I'm actually capable of doing more than I'm doing. So I think that's a lesson that kids will learn. They will learn in school from. They'll learn that in the classroom. They'll learn it in the playground. Failure is natural; failure is normal. What are we going to learn from it? Let's go. We're not going to be defeated by it.

You can do it, actually, by having kids feel free to express their negative emotions. And their anger and their frustration. And that that's okay. It's okay to be angry and frustrated. It's okay to be disappointed. It's okay to be discouraged. All these things are okay. These are totally okay. And you'd want to instill in them is the spirit that the only thing that really isn't okay is quitting. Because that's -- they'll always regret quitting.

I think in the school system they can do for kids who are -- have to constantly be quite open about accepting their failures. That you didn't -- you got a bad mark on the test. That doesn't mean you're stupid, it doesn't mean you're bad. Okay, what can we do to ...? Let's try to make the next one better, but hey, no big deal. No big deal. Let's pick ourselves up. The only thing that would be a big deal, is if you say, "Oh, I'm no good at math," and quit. That's the life lesson, I think, which you have this opportunity to teach in the classroom all the time. And that life lesson is the life lesson that keeps you coming back and persevering as a leader, which you have to do because every leader always has failures. They always have failures.

This is what I hear often from my students. They say, Well, okay, but what happens is, you know, I'm in a group, I'm in a meeting and we're doing this thing as a group, and I make a suggestion about a different way of doing it. Everyone says no and moves on. And 20 minutes later somebody else makes the same suggestion and they all turn to them and say, oh, that's a great idea. And you are just fuming. You know? Just steam is coming out of your ears, you go all sulky, and ... Or you can either get angry, which is not terribly good, or you go sulky. Or you sit there with a stoned face so nobody will know how angry and upset I am and embarrassed I am that you didn't accept my stuff. "You'll never know how I'm really feeling." So you kind of do that sort of thing. But what you really want to do is be -- step outside yourself. And say, Okay, why did that person who raised the same point as me -- why did they accept that one and they didn't accept it from me? How did that person do it? Did they do it in a different way? Did they -- what was it they had that they had going for them that I didn't? And therefore when I'm in a meeting -- next time I'm in one of these meetings, how should I do it? And how --? And you can learn from all of those situations. And they're all there. I mean, life is just one endless learning opportunity for those whose minds are open to learning.