

part of the path to success. It is even the best way to innovate to obtain extraordinary results, as Elon Musk says:

"Failure is an option here. If things are not failing, you are not innovating enough."

A growth mindset helps you take full advantage of failure

For Elon Musk, there is no problem to fail. He has a growth mindset that allows him to understand that from one failure, he will always be able to improve to do better the next time. He looks for failure to understand what doesn't work and thus get closer to the right solution.

This was Thomas Edison's mindset as well:

"I have not failed. I've just found 10,000 ways that won't work."

Everyone successful in life has cultivated this growth mindset.

Even Albert Einstein, who had an exceptional IQ, knew that his intelligence was no guarantee for success in life. Remember what he once said:

"It's not that I'm so smart, it's just that I stay with problems longer."

By staying longer than others on the problems you face, you will fail more than others, which is a good thing. Indeed, this

will allow you to adapt and finally reach the solutions to these problems.

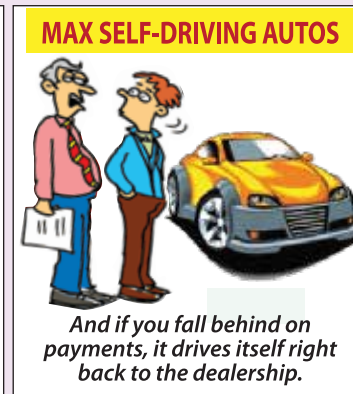
Albert Einstein was a special case because he combined exceptional intelligence with a growth mindset. This allows you to better understand why he revolutionized the world he lived in. His inventions still have major impacts on our daily lives.

Final Thoughts

Carol S. Dweck concludes her book by saying that we need to develop this growth mindset. Those who choose to move from the fixed mindset to this growth mindset will have greater success in their lives. This is a certainty for her.

Besides, the growth mindset helps to live a less stressful life. This is another advantage of this mindset. Since you see failure as a positive thing that can only teach you things, you will no longer fear it. You will no longer be anxious about doing new things that are outside your comfort zone.

You will be able to truly enjoy your life while maximizing your chances of achieving great success. To go further on the subject, I recommend that you read the book "Mindset: The New Psychology of Success" which will totally change your view of things by putting the power of the mindset within your reach.



How the navy seals remain calm under extreme pressure

It's a lot closer than you might think

Being a NAVY Seal has to be one of the most hardcore jobs there is. It's hard to even imagine what they have to do, see, and process on a daily basis. If they didn't have ways to self-regulate, stay calm, and keep focused right there at the moment when they need it most, they'd be screwed.

It's been famously documented now that they use breathing exercises to do just this.

They can't rely on fancy machinery or on any special equipment to help them in the intensity of combat, they have to use tools that are a lot closer to home than that to self-regulate. The breath is as close as it gets.



The brain

The brain is firing and wiring electrical impulses at a rapid-fire rate and then sends those messages throughout the body via the vast network of nerves that makes up the nervous system. These impulses are heavily influenced by the innate animalistic impulses built with every being to aid relaxation or get them to safety. That impulse has been called the fight or flight response.

NAVY Seals are in a sustained fight or flight state for extremely long periods of time which means their nervous systems are highly alert, engaged, and focused. For most