Mindset: The New Psychology of Success by Carol S. Dweck
Which mindset do you have? Fixed mindset or growth mindset?

FIXED MINDSET:
- Creates internal monologue that focuses on judging and validating oneself
  - “This means I’m a loser.”
  - “This means I’m a better person than you are.”

GROWTH MINDSET:
- Creates internal monologue attuned to learning and constructive action and developing oneself
  - “What can I learn from this?” “How can I improve?”
  - “How can I help someone do this better?”

Example: Imagine you’ve decided to learn a new language and you’ve signed up for a class. A few sessions into the course, the instructor calls you to the front of the room and starts throwing questions at you, one after another.

PUT YOURSELF IN A FIXED MINDSET:
- Your ability is on the line.
- Can you feel everyone’s eyes on you?
- Can you see the instructor’s face evaluating you?
- Feel the tension?
- Feel your ego bristle and waver?
- What else are you thinking and feeling?

PUT YOURSELF IN A GROWTH MINDSET:
- You are a novice—that’s why you are here.
- You are here to learn.
- The instructor is a resource for learning.
- Feel the tension leave you
- Feel your mind open up.

The MESSAGE:
- You can change your mindset.
- You have a choice.
- Mindsets are just beliefs.
- They are powerful beliefs in your mind, and you can change your mindset.

References
http://www-psych.stanford.edu/~dweck/
http://www.sciam.com/article.cfm?id=the-secret-to-raising-smart-kids