**Mateso Onesphore**

**PC 101 Life Skills**

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**Thinking Errors**

As men, we all make mistakes in everything we do but especially when we have lots of stresses.

At this time when we are full of stresses, we may decide wrong (making bad decisions) which can also harm our growth mindsets. This is what we call thinking errors.

Most of the times bad decisions we make, it is because of our thinking errors. Something can happen to you immediately and change your minds. For example, the students in the class there must be the first one in the class and the last one, and the last one when teacher is teaching he or she doesn’t get it as well as others, at the time of doing exam he or she fails and he or she decides to drop out of the school because of the failure.

Actually, as I have said above most of the times we fail and we do the mistakes, but we don’t need to give up because of how we have failed. Instead of giving up we must learn from our failure or mistakes we’ve met.

If this student drop out because he or she has failed, it will not be like learning from his or her failure. We have one of proverb says: ”Mistake is not a mistake but it is the mistake to repeat the mistake.” Which means that, you first fail but learn from your failure and then promise yourself that you will never do the same.

They like to say that, the normal person is the one who accept that he or she has done a mistake cause you cannot change what you don’t know. Which means that we need to recognize ourselves in order to change our mistakes and failures into success.

By conclusion I can say that, if you may have growth mindset never give up. Instead try to change and learn, let your false mindsets go and start with new mindsets today. Let’s your failures be your motivations to motivate you because if have growth mindsets and you learn from your failures you will be able to handle and change them.