STRATEGIES FOR HANDLING FAILURE

GROWTH MINDSET CURRICULUM (WEEK 7)
SCHOOL ON WHEELS
THINK...

Can you think of a time where you saw someone fail?

What happened?
DISCUSSION

How would you help this person fix his/her situation?

OR

Was the situation out of his/her control? Why?
#1. DON’T MAKE IT PERSONAL.

Separate the failure from your identity.

Just because you haven’t found a successful way of doing something (yet) doesn’t mean you are a failure.

Source: Forbes
ABRAHAM LINCOLN

- lost a congressional race at 34
- lost a senatorial race at age 45
- failed to become Vice President at age 47
- lost a senatorial race at 49

But he was elected as the President of the United States at the age of 52!
Approach the failure as a problem that needs to be solved.

Ask yourself:

• Why did you fail?
• What could you do to have a better outcome next time?
• Was the failure beyond your control?

Source: Forbes
FRIDA KAHLO

Frida Kahlo contracted polio at the age of 6 which destroyed her right leg.

She was in a bus accident at the age of 18 and broke her spine and other bones.

She used painting as a way of overcoming her suffering and became one of the most successful Mexican artists.
Thinking about over your failure all the time will not change the outcome.

In fact, it will only make you more likely to fail again and unable to move on.

The faster you take a positive step forward, the quicker you can leave your negative thoughts behind.
Don Shula, a successful NFL coach, had a “24-hour rule” to stop thinking about past failures.

The coach allowed himself and his players 24 hours to celebrate a victory or brood over a defeat.

During those 24 hours, Shula encouraged them to feel their emotions of success or failure as deeply as they could.

The next day, they would focus on their next challenge.
#4 AVOID SEEKING OTHER PEOPLE’S APPROVAL.

Often our fear of failure is because of our fear of being judged and losing other people’s respect.

We easily get influenced by what people say about us. Remember, this is your life, not theirs.

What one person thinks is true about you does not mean it is the truth.
Oprah Winfrey was fired from her first TV job because someone thought she was “unfit for TV.” But now she is considered the “Queen of All Media” and, by some, the most influential woman in the world.
WRITE & DISCUSS

THINK OF A TIME WHEN YOU WORKED REALLY HARD ON SOMETHING AND YOU SUCCEEDED.

WHAT STRATEGY DID YOU USE TO HELP YOU SUCCEED?