

LETTING GO OF FAILURE

CONCORDIA GRADUATION TRANSITION CONFERENCE





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WHAT IS FAILURE?

FAILURE DEFINED

- The dictionary's definition: failure is the lack of success
- “The opportunity to try again through revised eyes.” - Rebecca Spath
- “Failure just means you're not ready yet.” - Sarah Jane Loewen
- I think... failure is not letting go



GETTING

TO THE ROOT OF
THE PROBLEM



FATHER

“You better do your homework and study hard, or else you’re going to fail.”



FRIEND

“If you don’t know what you’re doing, just don’t bother.”



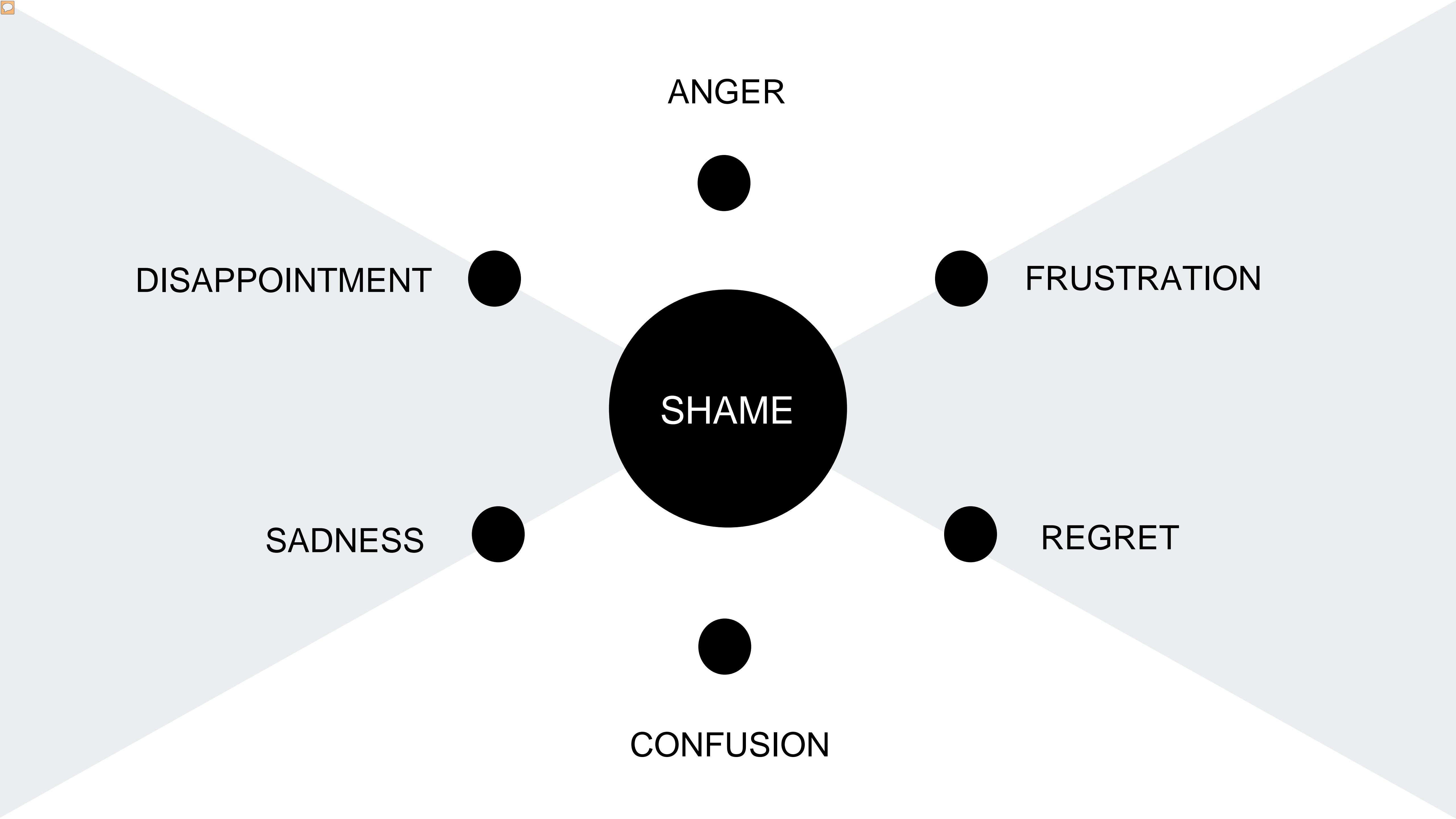
BOSS

“You’ve got one shot at this, don’t mess it up.”

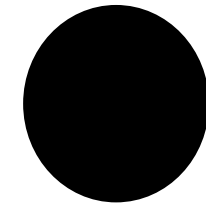


DIGGING

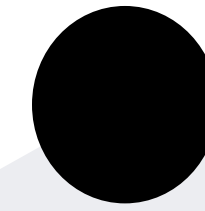
DEEPER



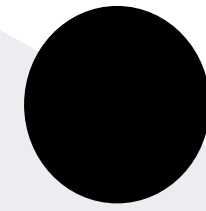
ANGER



FRUSTRATION

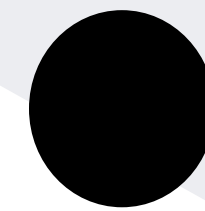


DISAPPOINTMENT

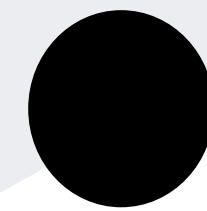


SHAME

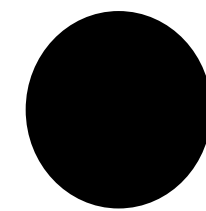
REGRET



SADNESS



CONFUSION





GUY WINCH, PHD AND AUTHOR OF
EMOTIONAL FIRST AID: HEALING REJECTION, GUILT, FAILURE

“Shame is a psychologically toxic emotion because instead of feeling bad about our actions (guilt) or our efforts (regret), shame makes us feel bad about who we are. Shame gets to the core of our egos, our identities, our self-esteem, and our feelings of emotional well-being.”



LETTING GO OF FAILURE



REALITY TEST YOUR PERCEPTIONS

Challenge:

- 1) Write down one thing you've been putting off or are afraid to face.
- 2) Identify one person in your life who you trust, and fear would be disappointed or affected by you not achieving your desired outcome the first time.
- 3) Confront them.



DO SOMETHING YOU'RE BAD AT

Challenge:

- 1) Identify one thing you expect to suck at
- 2) Pick a date, time and place that you will be willing to try it



FOCUS ON PROGRESS INSTEAD OF PERFECTION

Challenge:

Identify 3 things you've made progress on this week, however big or small, and take a moment to celebrate that you haven't given up - for that is true failure.

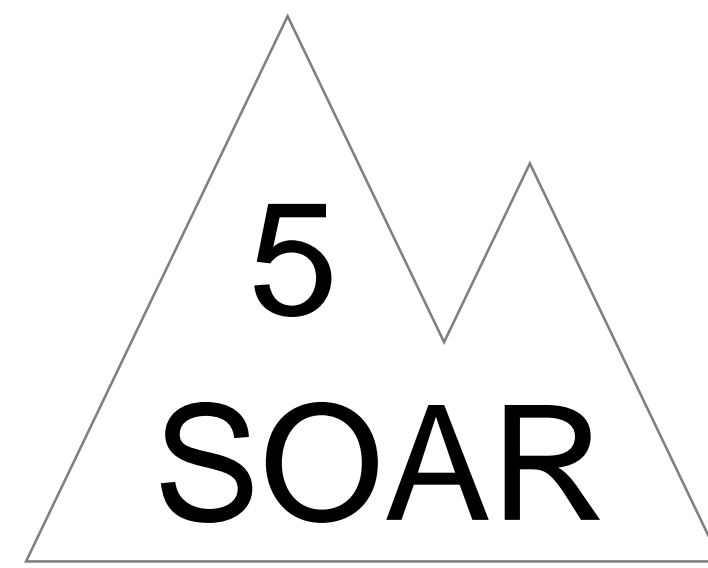


ABANDON SELF-SABOTAGING THOUGHTS

Challenge:

Turn these self-sabotaging thoughts into self-empowering ones

- *“I’ve never done anything like this; I’m probably going to fail.”*
- *“I could do it if only I had more money. But I don’t, so I can’t.”*
- *“It’s too risky.”*
- *“This is a great opportunity to learn something new; I may even discover a hidden talent.”*
- *“I really want to do this, I wonder what can I do to be more resourceful.”*
- *“I am going to take a chance on myself.”*



STRENGTHS

Acknowledge and own what you do well

OPPORTUNITIES

Identify what implicit and explicit factors may have a positive impact on your efforts

ASPIRATIONS

Get clear on your goals

RESULTS

Determine what you wish to achieve





THE SHIFT: A LETTER TO FAILURE

Dear failure,

I've had a change of heart. I have come to realize that you are my teacher, not my undertaker. I understand now that you are delay, not defeat, likely for good reason. You are simply a detour, not a dead end. I am letting go of the shame I once associated to you and I am embracing the opportunity to grow. I understand that trying is not failing and thank you for the lessons you have taught me and will continue to teach me. Because of you, I am stronger and I will succeed. Yours truly...



Q & A