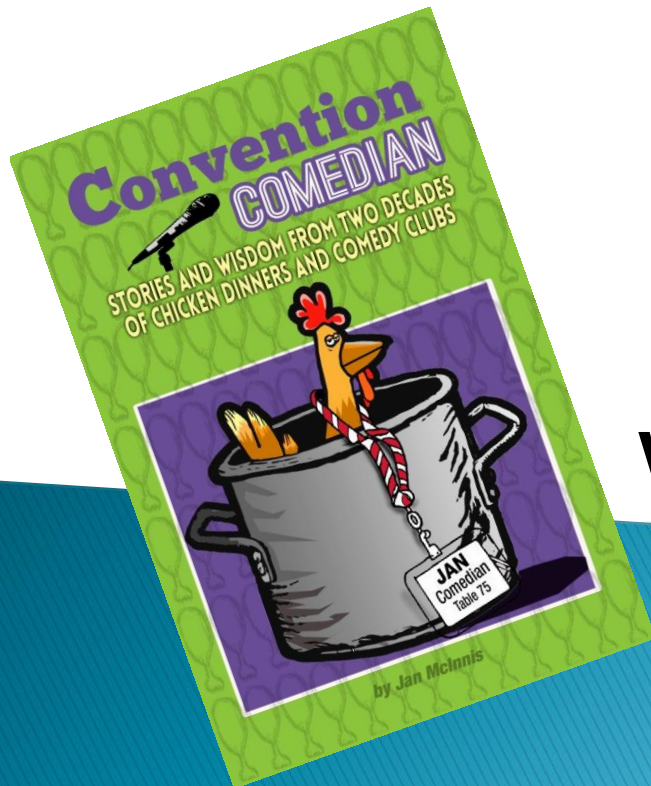


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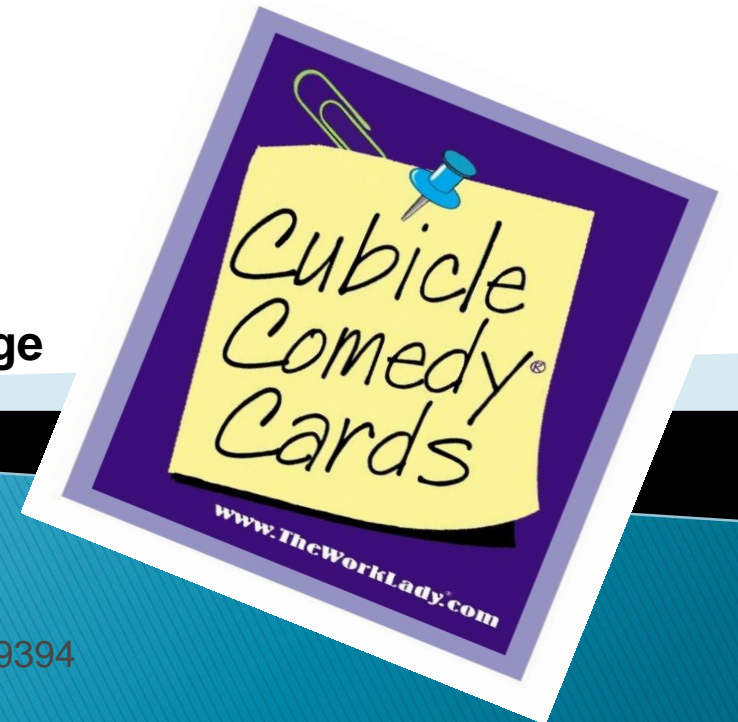


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4 Things We Can Do About Failure

Figure out:

- ▶ WHY it Happened
- ▶ WHAT to Do WHEN It's Happening
- ▶ WHAT to Do AFTER It's Happened
- ▶ HOW to Make it NOT Happen

Why Do We Fail?

Before Freaking Out Ask 2 Questions:

Why Do We Fail?

1.) Was it REALLY a failure?



Why We Fail?

2.) Did We Have Control Over It?

--no - forget about it

*“For every ailment under the sun,
there is a cure or there is none.
If there’s one, try and find it.
If there’s none, never mind it.”*

Mother Goose

Why We Fail?

2.) Did We Have Control Over It?

--yes - what happened?

What do you think some of the biggest causes
of your failures have been??

If It Was In Our Control – What Happened??

We Got in our own way. . .got Into Our Own Head/no confidence – We didn't get the right training – We did something we shouldn't have done and/or tried to cut corners – We make a mistake/bad choice/misjudged – We failed on purpose – Not being specific or having good direction– We didn't care enough or didn't pay enough attention to the right things/took things at “face value” – We were too fearful – Confusion about what you want – We quit too easily – Things were too “cushy” – We didn't pay attention– Procrastination/don't do the work needed . . .

What To Do When It's Happening?

- ▶ Cover For It
- ▶ Stop What You Are Doing
- ▶ Find A Way To Make It Interesting To You
- ▶ Ask For Help/Let People Know What's Going On
- ▶ Stay Present – Get Out Of Your Head And Focus On Something Else In The Environment

“Make Them Come To You”

Atlanta Punchline Comedy Club

What Can You Do AFTER It's Happened

1. Laugh About It
2. Find Out What Happened If You Can
3. Acknowledge It

“When failure doesn’t hurt, it’s not failure. If you’re a leader who wants to be helpful around failure, then stand in front of your team and say, “we failed, and this is what it felt like.”

Brene Brown, Rising Strong

What Can You Do AFTER It's Happened

1. Laugh About It
2. Find Out What Happened If You Can
3. Acknowledge It
4. Learn From It
5. Re-frame It . . . Stop Thinking Of It As Failure

What Can You Do AFTER It's Happened

- ▶ Reframe It.

“If you do not speak to your subconscious mind, it will control you using negative information that it has gathered from the environment and negative conditions that it has received in the past.”

Jack Hendryk Haddock, *The Subconscious Mind Super Power*

What Can You Do AFTER It's Happened

▶ Reframe it.

- ✓ “Talk And Visualize To Your Subconscious Mind. . .It Lacks Logical Reasoning. It Believes What Your Conscientious Mind Feeds It.”
Jack Hendryk Haddock, The Subconscious Mind Super Power
- ✓ Think. Feel. Believe. – JFK Hospital
- ✓ Give Yourself Positive Input – Focus on What Went Right
- ✓ Re-word Your Thoughts. . . Don't Use Negative Words Like “Fail” . . . Instead Of Saying “I Hope I Don't Fail.” Say “I Will To Succeed”
- ✓ Saying It As If You've Already Accomplished It. . .Not I Hope To Or I Wish To. . I Will, Or I Am

What Can You Do AFTER It's Happened

- ▶ Reframe it.

“A ‘flash memory’ is the first thought you have in response to a particular stimulus in your environment and changing it from negative or neutral to positive can dramatically increase motivation and achievement.”

Michelle Gielan, *Broadcasting Happiness*

- ▶ Reframe It.

Rewrite Flash Memories:

- ▶ Spotlight The Wins
- ▶ Select The Package – feel it
- ▶ Choose The Frequency

What Can You Do AFTER It's Happened

1. Laugh About It
2. Find Out What Happened If You Can
3. Acknowledge It
4. Learn From It
5. Re-frame It . . . Stop Thinking Of It As Failure
6. Ignore It And Don't Give It Too Much Energy
7. Plan To Try It Again

How Do We Avoid Failure??

- ▶ Never Try
- ▶ Review Why it Happened and Make Adjustments Accordingly:
get training, change our mindset, etc. . .
- ▶ Practice Situation Awareness

Situation Awareness

A. Pay Attention to All 6 Senses
--see, hear, touch, taste, smell, feel

How Do We Avoid Failure??

- ▶ Never Try
- ▶ Review Why it Happened and Make Adjustments Accordingly:
get training, change our mindset, etc. . .
- ▶ Practice Situation Awareness
- ▶ Communicate Clearly

How Do We Avoid Failure??

Communicate Clearly – explain, explain, explain

- Repeat

- Short Sound Bites

How Do We Avoid Failure??

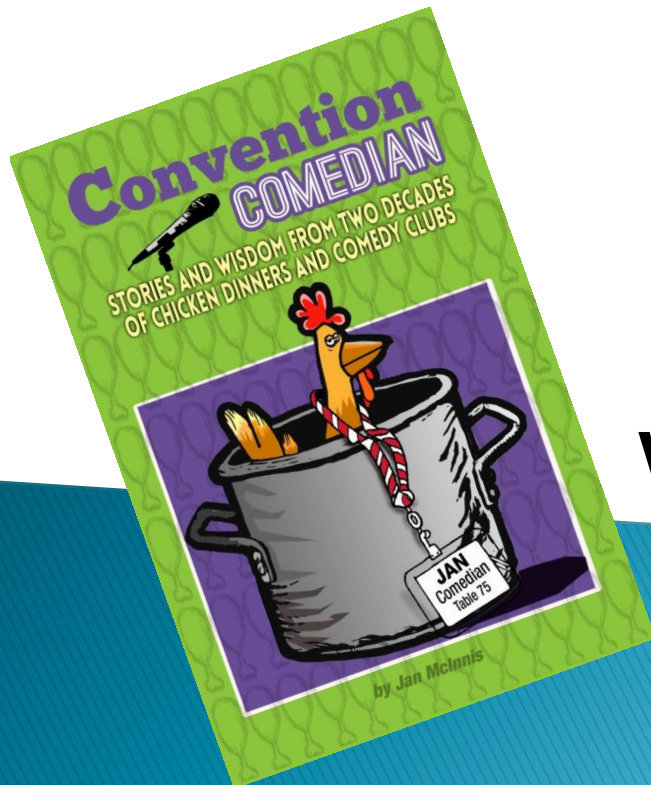
- ▶ Never Try
- ▶ Review Why it Happened and Make Adjustments Accordingly
get training, change our mindset, etc. . .
- ▶ Practice Situation Awareness
- ▶ Communicate Clearly
- ▶ Put Together Some Kind of Game Plan
- ▶ Find Your Match/Swim in Your Own Lane
- ▶ Don't Just *Try*. . . DO!
- ▶ Practice the SANDY Rules

The SANDY Rules

- ▶ S – Stop Second-Guessing Yourself
- ▶ A – Always Have Fun
- ▶ N – Nice. . . As in Be Nice
- ▶ D – Define Success on Your Own Terms
- ▶ Y – Understand the “WHY”

Repeat These Steps When It Happens Again

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