

# THE UPSIDE OF FAILURE with TIANA SANCHEZ

## HARVESTING A GROWTH MINDSET

Thrives on \_\_\_\_\_

Sees Failure as \_\_\_\_\_

Embraces opportunity to \_\_\_\_\_ abilities

## WHAT FAILURE DOES FOR US

*we're capable of imperfection*

*like a compass to avoid more mistakes*

*onto a new path in a better direction*

When I experience failure, I tend to...

My greatest fear at work is:

Fear of Failure

Fear of Taking Risks

Fear of Greater  
Responsibility

Fear of the Unknown  
or Uncertainty

Other: Fear of \_\_\_\_\_

Describing my wins, losses and failures

What did the (win/loss/failure) look like?    What did it sound like?    How did it make me feel?

## A NEW WAY TO LOOK AT DEFEAT

**D**

\_\_\_\_\_

*to change your outlook*

**E**

\_\_\_\_\_

*a superhero attitude*

**F**

\_\_\_\_\_

*forward*

**EAT**

\_\_\_\_\_

*attack procrastination*

## WEEKLY ASSIGNMENTS

1

**WEEK ONE: AUDITING HOW YOU FEEL ABOUT FAILURE**

COMPLETE WORKBOOK PAGE 1, THEN ANSWER THE QUESTION BELOW.

When facing a recent challenge or obstacle did you feel motivated or intimidated? Why is at the root of that feeling?

Where in my life do I avoid or procrastinate taking action due to fearing failure or mistakes? What's at the root of that hesitation?

2

**WEEK TWO: PRACTICE WITH RISK TAKING AND MAKING MISTAKES**

USE THIS LIST TO AS IDEA STARTERS TO GET MORE COMFORTABLE STEPPING INTO HIGHER RISK.

- DRAFT A COMMENT OR QUESTION PRIOR TO YOUR NEXT MEETING. PRACTICE ADDING TO THE CONVERSATION.
- TRY A CREATIVE ACTIVITY THAT YOU DON'T KNOW ANYTHING ABOUT - PAINTING, POTTERY, KNITTING. SIT WITH THE FEELINGS OF NOT BEING PERFECT OR RIGHT AT DOING IT.
- TRY SAYING YES TO SOMETHING YOU'D HABITUALLY SAY NO TO OR SAYING NO TO SOMETHING YOU'D NORMALLY FEEL OBLIGED TO SAY YES TO.
- MAKE A "BENEFITS & LEARNING" LIST TO USE WHEN YOU NEXT MAKE A MISTAKE OR FEEL LIKE YOU'VE FAILED. CAPTURE ALL THE POSITIVE BENEFITS AND LESSONS LEARNED BECAUSE OF IT.
- \_\_\_\_\_
- \_\_\_\_\_

3

**WEEK THREE: REFLECT ON WAYS YOU FAIL WITH GREATER EASE**

Think about what you fear most about failing? What are one or two action steps you can take to work towards a higher level of comfort?