



Think for the Future

# WOW Pack

## Dealing with failure

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



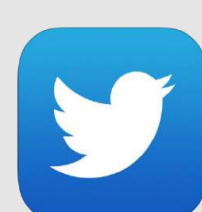
0115 718 0399



[www.thinkforthefuture.co.uk](http://www.thinkforthefuture.co.uk)



[contact@thinkforthefuture.co.uk](mailto:contact@thinkforthefuture.co.uk)



@TFTFuture

# Think about it: Dealing with failure



These people are all hugely successful, they've achieved great things... and made lots of money!

But what about the times they failed?



One of the most successful authors in history is J.K. Rowling. However, unlike what some might believe, Rowling's fame didn't come easy. While she didn't grow up poor as a child, as an adult, she struggled. She was a single mother living on benefits, trying to support her daughter. It took her seven years to write the story of *Harry Potter and the Philosopher's Stone*, and when she finished, all twelve major publishers rejected the book.



Katy Perry is a wildly-successful singer and songwriter who had a long journey filled with consecutive failures before she reached stardom. In fact, her first album sold only two-hundred copies before the record label went out of business. She was subsequently dropped from two other labels. It took her nearly ten years of failure and hard work before she released a song that hit the charts in 2008.



Bill Gates has amassed a mind-boggling net worth of close to \$80 billion, and is known as the infamous father of modern personal-computing software. He creating operating systems such as Microsoft DOS and Windows. However, at the age of seventeen-years old, his first software company called, Traf-O-Data, failed.

Everyone who has succeeded in life has had to deal with a certain amount of failure.

What would have happened if these people had given up when they got knocked back or got something wrong?

# Dealing with failure



## First Attempt In Learning

I always follow F.A.I.L. as life is a journey! You will never get it right all the time, however you're on your own pathway and you learn as you go along and overcome the barriers.

I've always had to keep battling to get where I wanted to be, through school and then in my career. I had lots of knock backs however I kept working hard and have got to where I want to be! Never give up on your dreams.



### Is failing bad?

We often think that failing is bad, as we see it as us not being good enough. However would success be success without failure?

We need the failure so that success means something to us, without knowing what failure felt like, we would never know what success felt like!

We can use our failures and mistakes to learn and grow so our success is even more of a reason to celebrate!

*"Success consists of going from failure to failure without loss of enthusiasm" Winston Churchill*

*"Failure is another steppingstone to greatness" Oprah Winfrey*

*"Anyone who has never made a mistake, has never tried anything new" Albert Einstein*

*"I can accept failure, everyone fails at something. But I can't accept not trying." Michael Jordan*

### You are not a failure!

When something's gone wrong, or not the way you hoped, it's easy to start thinking that you will always keep failing in this area of your life.

It's easy to start thinking that YOU are a failure.

Always remind yourself that:

- Just because you failed today doesn't mean that you'll fail the next time
- This won't last forever if you keep learning
- Seeing it as a temporary learning moment is key to an optimistic attitude and to keep going forward in life.

Dealing with failure is important because we need to realise where we have gone wrong. Often we try to make things perfect and when things don't go to plan we become sad and beat ourselves up.

From experience, I was rejected by three universities and had the urge to give it all up! However I reflected on why I was failing and realised that I was putting the time in and preparing properly for interviews. So next time, I prepared properly and was accepted! Reflect, change, and try again!



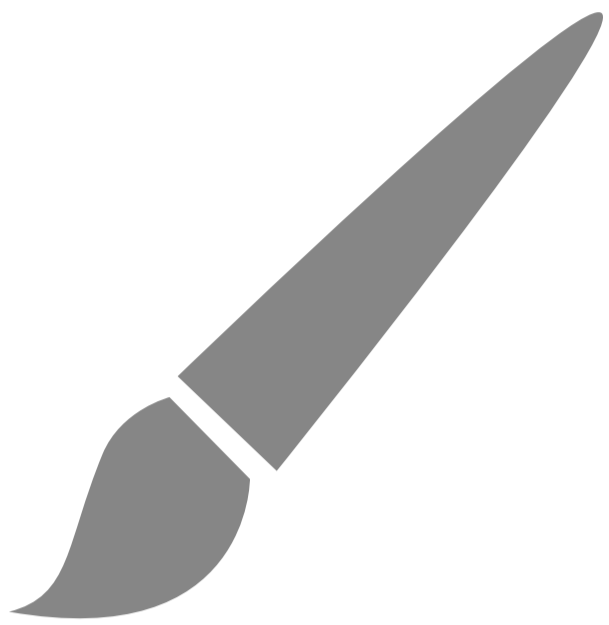
Take a look at this video on learning from failure

# Watch this

[https://www.youtube.com/watch?v=MQx39z99\\_Js](https://www.youtube.com/watch?v=MQx39z99_Js)



# Dealing with failure Top Tips

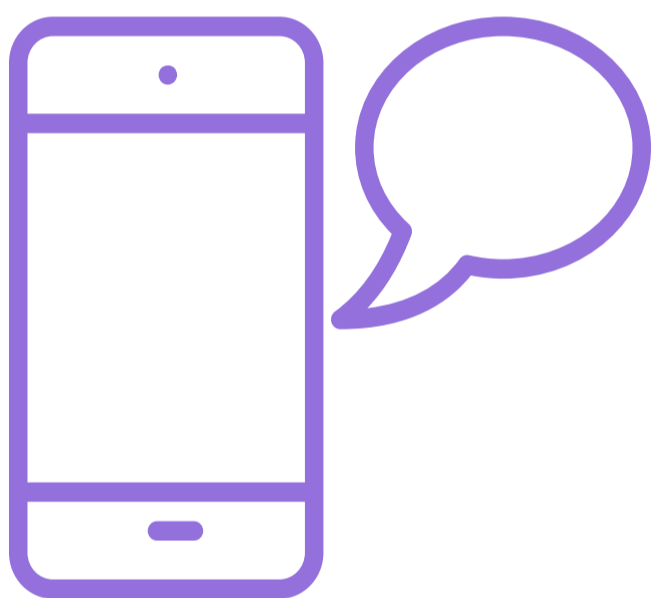


## Try something new

One of the advantages of our current situation is we've got a bit more time on our hands to try something we've not done before. It might be because we were scared we weren't as good at it as our friend, or that it would be a waste of time. Now's the time for you to give it a go, no one's around to judge it! If it doesn't go well, try again. Practice makes perfect!

## Realistic targets

Everyone had dreams at the beginning of lockdown of achieving big things! Now was the time they were going to write a novel, they were going to workout every day! It is great to have goals, however it can often make us feel worse if we don't achieve them. Make sure your targets are realistic and achievable and celebrate your success when you've reached them.



## Talk about it

We live in the age of the perfect world of social media, which doesn't help us when we think we're the only ones who have got it wrong.

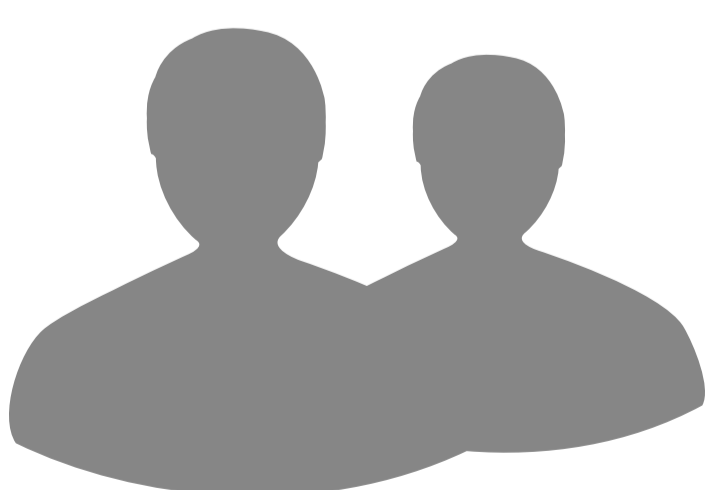
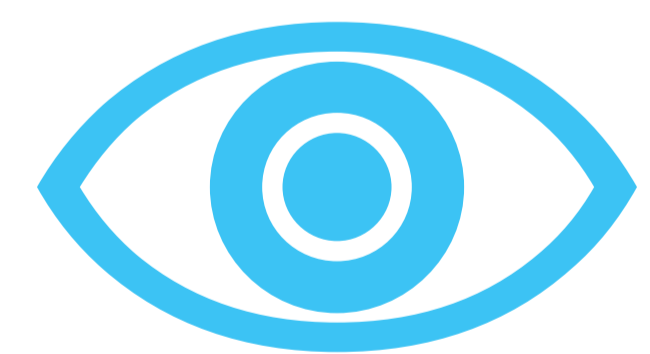
If you tried something but it didn't work out, share it with your friends - tell them what happened and talk about it. They might have some tips and tricks, or you might just be able to have a laugh about it!

## Look around

It often feels like we're the only ones however there are plenty of people who have failed before they succeed!

Take a look at these other famous failures to give you some motivation to keep going.

<https://www.youtube.com/watch?v=zLYECIjmnQs>



## Don't compare

When you think you've failed, is it because someone else has done better than you? Who are you comparing yourself to when judging if something is a success, what you achieved before or someone else? Don't compare your failures and successes to anyone else except you.

# 5 ways to deal with failure



1

## Take responsibility

Taking responsibility gives you the power back. If you made a mistake, you can make sure it doesn't happen next time. Taking responsibility also helps people to respect you more. It helps people be confident in you, even if you have made mistakes. Owning your failures gives you power over them and will help you feel a lot more confident in overcoming them in the future.

## Don't dwell

Failure happens to everyone, don't take it too personally! Getting back up after a failure and continuing on says a lot more about you as a person than the failure does!

Don't dwell on the failure, it is just one moment in time and the sooner you get back up and start working again the sooner you will feel better about yourself.

2

3

## Learn from it

You didn't fail; You learned a lesson. Every time you fail, there is an opportunity to learn a lesson from it. Ask yourself what happened, what was it you did wrong or what happened that caused you to fail at the task?

Write it down, that way you will remember it for next time and be more likely to succeed.

## Embrace your emotions

Failure is accompanied by a variety of emotions; embarrassment, anxiety, anger, sadness, and shame to name a few. Those feelings are uncomfortable and many people will do anything they can to stop these feelings. Allowing yourself to feel bad is motivating. It can help you work harder to find better solutions so that you'll improve next time. Acknowledge how you're feeling and let yourself feel bad for a bit. Label your emotions and move on.

4

5

## Be kind

We're the first person to be hard on ourselves when we feel we've failed. When you find yourself thinking that you're a hopeless cause or that there's no use in trying again, re-frame your thoughts. Remind yourself that:

- I can handle failure
- I can learn from my failures
- Failure is a sign that I'm challenging myself to do something difficult

# Take on the challenge!



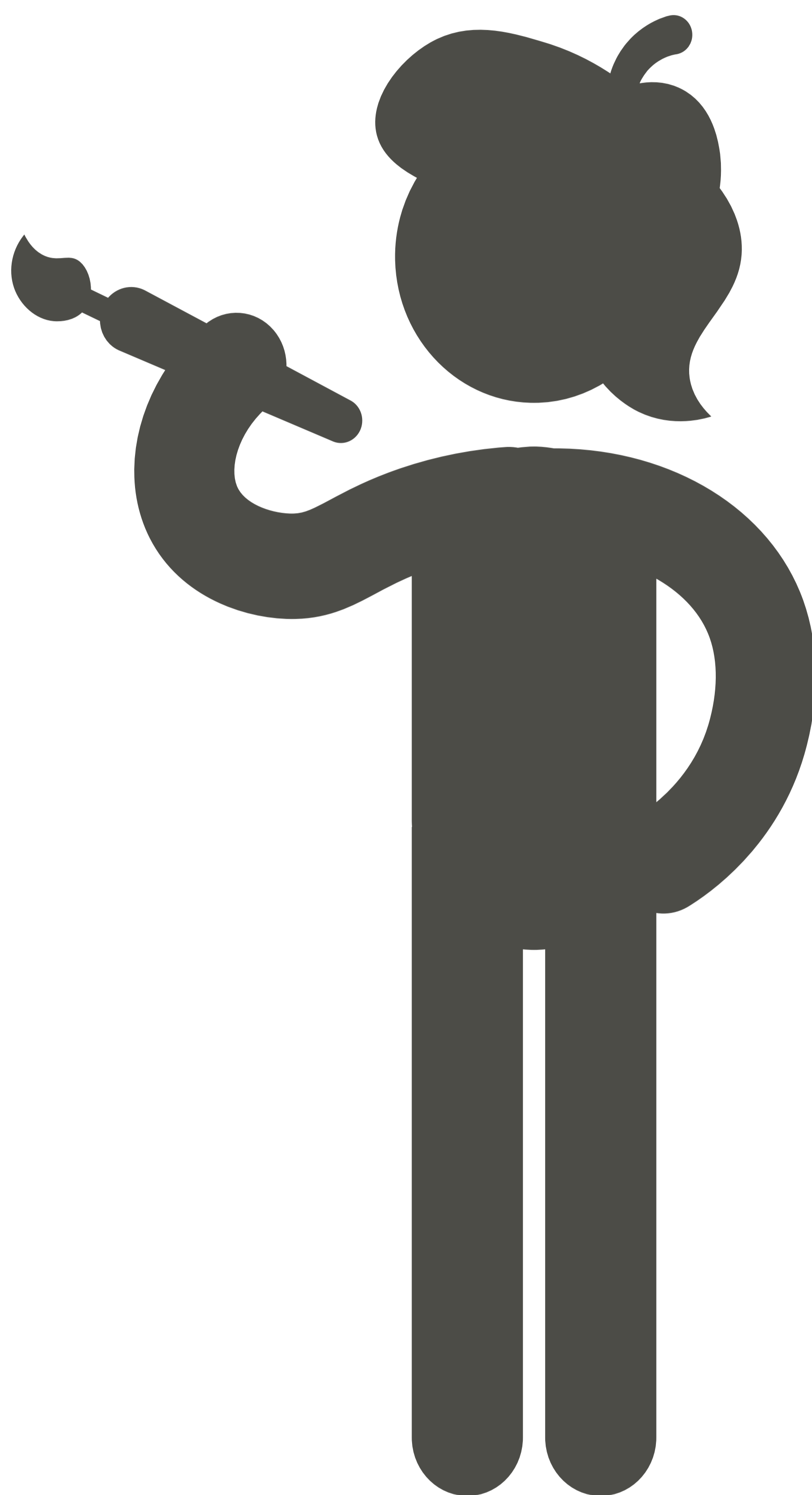
1. Find a piece of paper and a pencil

2. Close your eyes or use a scarf as a blindfold

3. Without peeking, draw whatever comes to mind! Could be your house, a flower, or your favourite cartoon character

4. Open your eyes, what do you think?!

5. Use your 'mistakes' to create a masterpiece! What could you change to improve it?



Tag us in your pictures on social media!

@TFFTfuture



# Where else to look...



Click on the icons below!

**YOUNG**MiNDS

