

Benefits of

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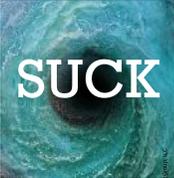
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embracing the

on the way to

success

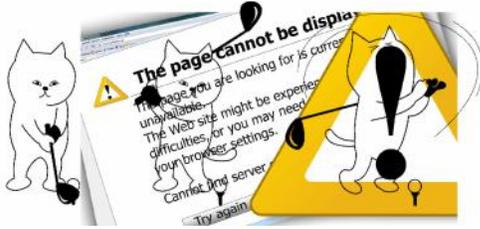


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What is failure?



Benefits of Failure



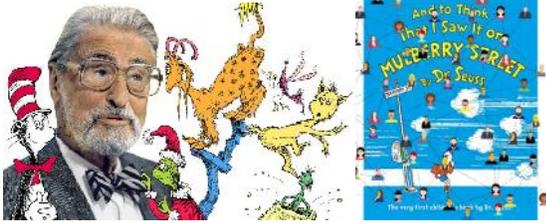
#1 Honors your Passions



#2 Builds Self-Confidence



#3 Expands your World

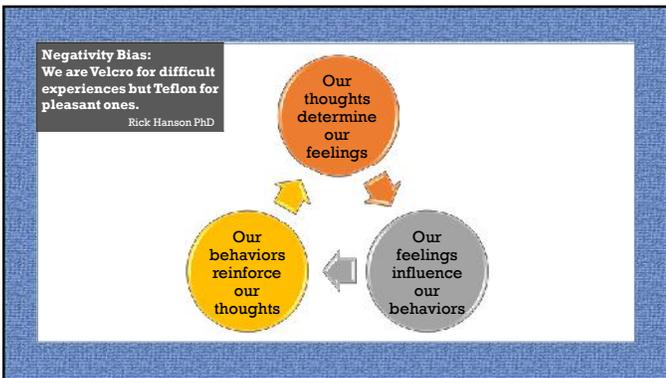


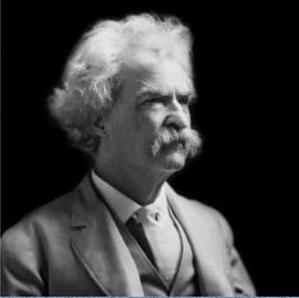


#4 Prepares You for Success









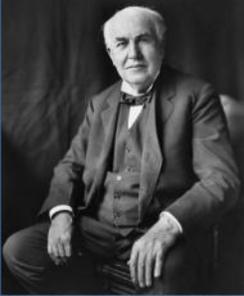
“Some of the worst things in my life never happened!”



Keys to Unlocking Failure



Forge Forward



"I have not failed.
I've just found
10,000 ways that
won't work."

Face the Facts

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without that thought?

Based on the work of Byron Katie



Embrace Your Fears

- Set your intention
- Feel your fear
- Offer comfort

Based on the work of Tara Brach



Practice Self-Compassion

- 1. Mindfulness
- 2. Humanity
- 3. Kindness



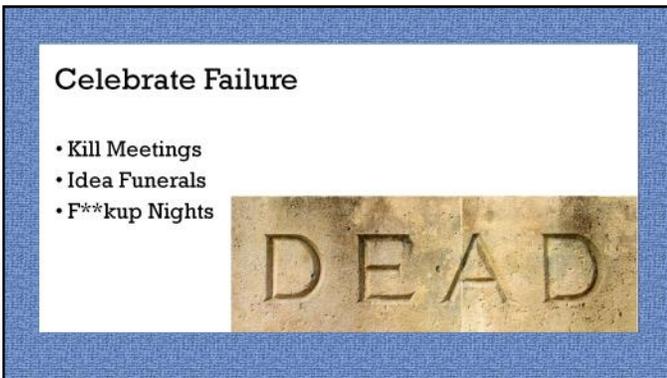
Based on the work of Kristen Neff

Invest in your Fears

	Action	Inaction
Best	What's the best thing that can happen if I do this thing?	What's the best thing that can happen if I don't do this thing?
Worst	What's the worst thing that can happen if I do this thing?	What's the worst thing that can happen if I don't do this thing?

What would you
do if you
weren't afraid?









“I’ve chosen opportunities where I might fail rather than live in the shadow of my own potential.”

Reshma Saujani, founder Women who Code

Takeaways



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