

Failing Gracefully: It's All in Your Mindset

Talk by Felicia Green

Problems



- People have different identities they need to balance: personal life, family life, work life, etc.
- Your different identities require work and pull you in different directions.
- Fear of failure can lead to a fight response when confronted with criticism.

Not being able to accept criticism only hinders growth, both personally and professionally.

Changing your Mindset

- Small failures won't erase your identity, there's a middle ground between perfection and failure as long as you keep trying.
- Have a growth mindset: you have an unlimited capacity for learning.
- View failure as prototyping: every failure is a learning experience.
- The more you practice, the better you get, and regression is ok.
- Appreciate the difference between failure, and learning and reward your process.

MISTAKES
are proof
that you are
TRYING

