

Harnessing Curiosity, Failing Forward

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Good to meet...!



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Human potential, holistic success

UC DAVIS

SUCCESS COACHING
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*Let's
celebrate*

What **success** are you
celebrating right now?

Our path today

- Talk ourselves into **opportunities** for potential **failure**
- Use **curiosity** to learn from **past** failures
- Identity all the **growth** and **self-understanding** that comes from failure



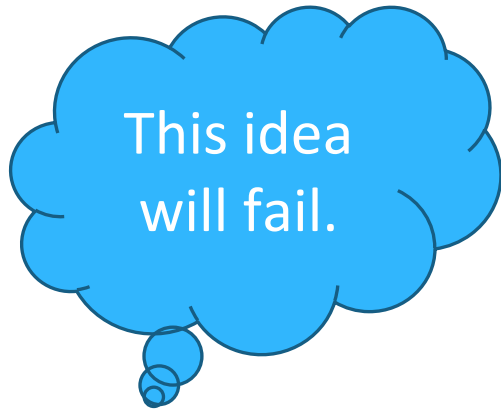


If you don't have room to **fail**,
you don't have room to **grow**.

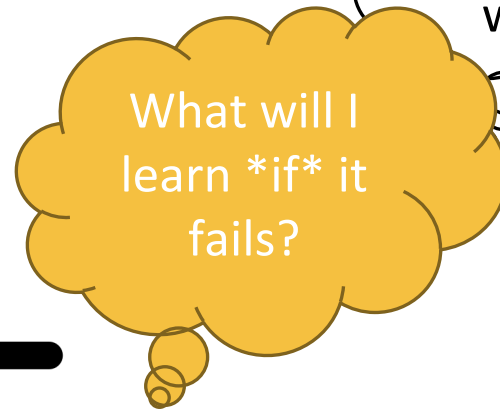
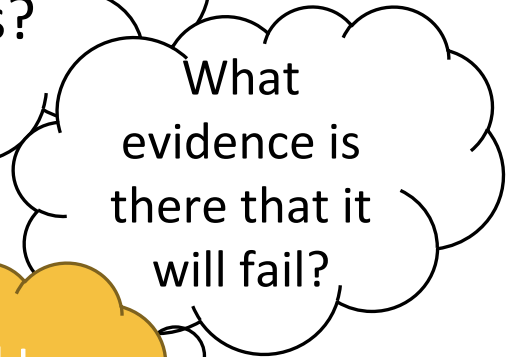
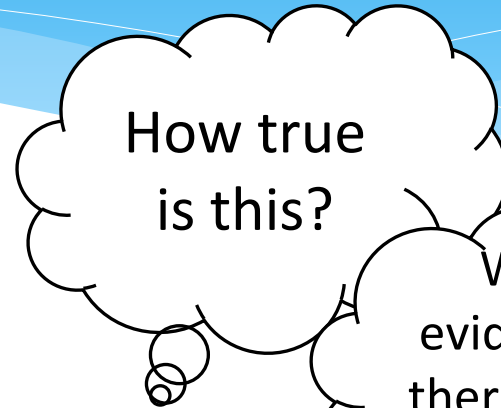
-Jonathan Mildenhall

Fear of Failure

- May lead to **limiting beliefs**
 - The things we tell ourselves that are true, with little or no evidence, that put limits on our potential.
 - *I'm not good enough*
 - *No one will like my plan*
 - *This idea will fail*
- Can create **inaction**

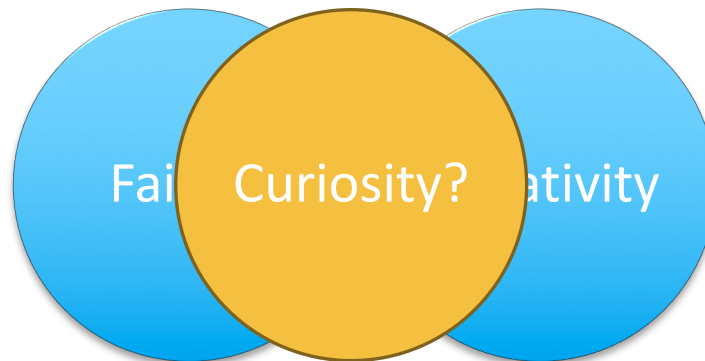


Limiting belief!



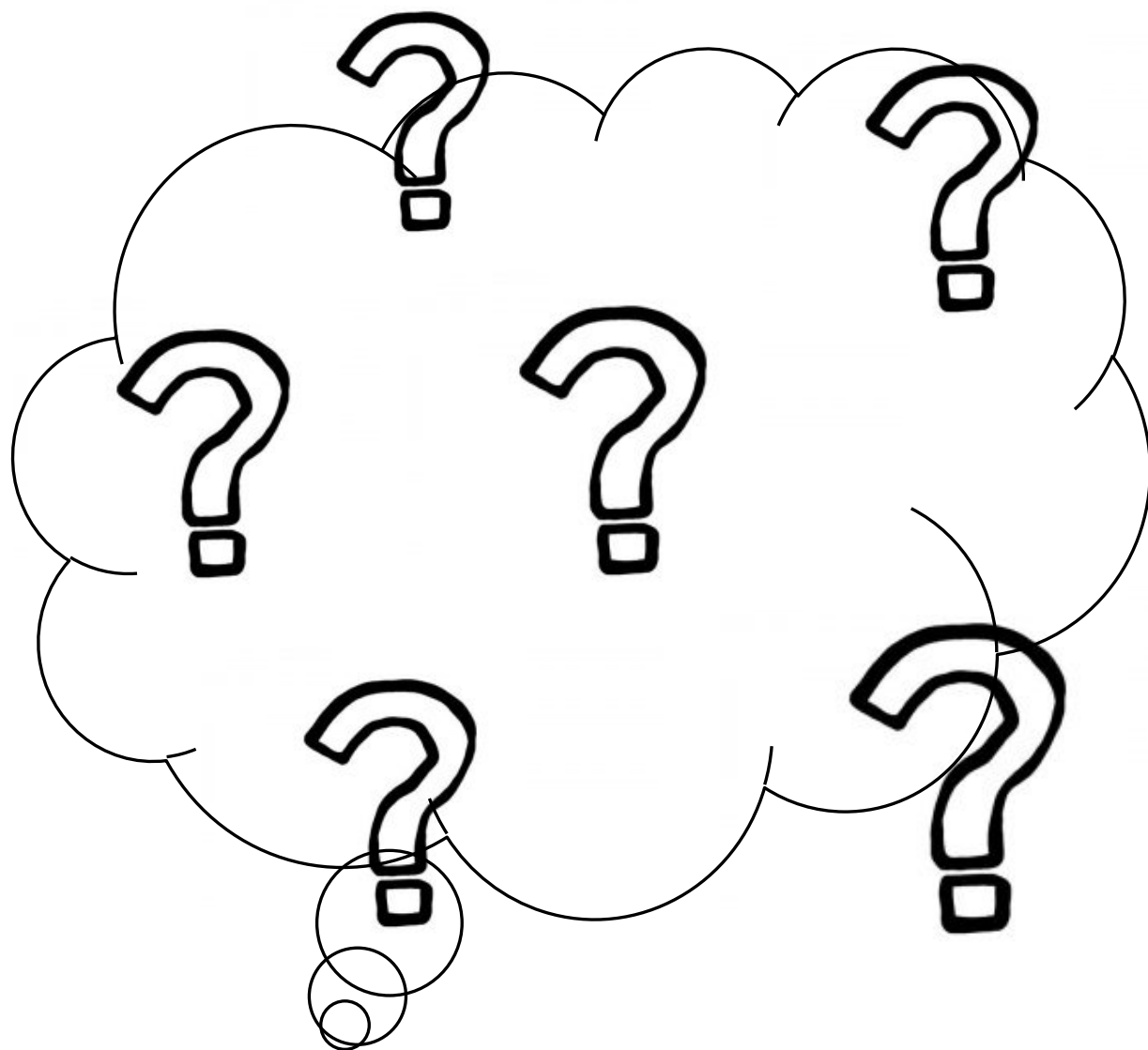
Failure and Negativity

- **Negativity bias:** we see the “negative” before the “neutral” and the “positive”



Failure and Curiosity

- **Neutral** emotion ~~guilt~~ ~~shame~~
- Mindfulness/metacognition
 - Thinking about the failure, not just experiencing it
- How...? How come...?
 - Self-understanding, finding the lesson, strategy for next time, hidden strength, naming gratitude



Failing...

- Think about a **recent** failure.
 - What risk/challenge did you face, in order to fail?
 - What led to the failure?
 - How did it impact you? How do you feel about it?

...Forward

- What do you **better understand** about yourself?
- What **lesson** did you learn?
- What will you **do differently** in the future?
- What **strengths** did you utilize, show?
- What are you **grateful** for?



How do you **want to feel** about the failure?

How does this failure move you **forward**?



reflection
curiosity

self-compassion

FAILING FORWARD

lean in
find the lesson

strength
skill
adaptive
resilient

References

- * Schellenberg, B., Bailis, D., & Mosewich, A. (2016). You have passion, but do you have self-compassion? Harmonious passion, obsessive passion, and responses to passion-related failure. *Personality and Individual Differences*, 99, 278.