

RE-BRANDING MISTAKES AND FAILURE

ACTIVITY

Time Needed

45-60 minutes

Materials

Note-taking supplies

Activity Description

Too often, people try to avoid making mistakes and failing. But, that typically increases anxiety and stress since making mistakes and failing are a normal part of life, and they provide tremendous opportunities to learn and grow. In this activity, you will reflect on a mistake or failure you've experienced and the life lessons you learned from it. Then share it with a partner, small group, or your class.

Suggested Steps

1. Consider each question and jot down your own personal reflections to share with others:
 - What messages have you heard about mistakes and failure from your family?
 - What are 2-3 mistakes you've made in the past that you still think about? What happened? How did other people react? What went through your mind?
 - What have you learned from those mistakes?
 - Who comes to mind when you think of someone who's made a mistake or failed at something and yet learned and grew from it?
 - If you were to think of a positive outlook towards mistakes you might make in the future, what would you say to yourself? Try completing this sentence: "When I make a mistake, I will remember that...and remind myself...". This is your 'mistake philosophy'.
2. In pairs or groups of three, take turns sharing one of the mistakes you thought about during your personal reflection time. When it's your turn to listen, ask curious questions to help you really understand the circumstances and events of others.

After each of you have shared the story and the lessons you learned, share your mistake philosophy. After you hear each other's, take a look at your own again, and consider adding or altering what you wrote.
3. As a class, ask for volunteers to share examples of the mistakes they made, lessons learned, and mistake philosophy. As you listen, consider your own mistake philosophy and how you might change or alter it to resonate even more with yourself.



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