BOUNCE BACK

CHECKLIST

Why do people fail?

- Fear of criticism and rejection
  - ☐ Unhealthy fear
  - ☐ Setting you up to fail
- Lack of ambition and enthusiasm
  - ☐ Okay with mediocrity
  - ☐ No big dreams
  - ☐ No desire to succeed
- Lack of self-discipline
  - ☐ Gets distracted easily
- Abundance of self-doubt
  - ☐ Can't shake feelings of doubt
  - ☐ Telling yourself you can't do it
- Lack of motivation and inspiration
  - ☐ Goals aren't inspiring enough
  - ☐ Dreams aren't achievable
  - ☐ Reward is not big enough

Signs you're afraid of failing

- Stays in comfort zone
  - ☐ Afraid to take risks
- You procrastinate
  - ☐ Delaying the inevitable
- Stuck in preparation mode
  - ☐ Leaves no time for main tasks
- Bouts of anxiety
  - ☐ Butterflies in stomach
  - ☐ Last-minute headaches
- Easy to distract
  - ☐ No self-discipline to say no
- Keep goals to yourself
  - ☐ Can hide your failures easily

Don't be afraid of making mistakes

- You can learn from mistakes
  - ☐ Know what to avoid next time
- Encourages you to explore
  - ☐ Try new ways of reaching goals
- Makes you stronger, more confident
  - ☐ Develop 'thick skin'
  - ☐ Makes you less sensitive

- Brings you closer to success

You've failed before – so what?

- Stop looking backwards
  - ☐ Say goodbye to past mistakes
- Focus on the present
  - ☐ What have you learned from the past?
- Take first steps towards success
  - ☐ Reach out for support
- Choose to succeed
  - ☐ Don't choose to fail again
  - ☐ Make conscious effort to succeed
- Start acting like you'll succeed
  - ☐ Study successful people's habits

How to make peace with failure

- Accept things that aren't working
- Evaluate your actions
- Weigh your options carefully
  - ☐ Which is going to bring you closer to success?
- Think of failure as opportunity cost
  - ☐ Price to learn something new
- Learn to embrace failure
  - ☐ Associate failure with positive thoughts

Are you giving up too soon?

- Difficult to stick to idea
  - ☐ Lacks self-control
  - ☐ Easily distracted
- Doesn't compromise or adjust
  - ☐ Would rather break than bend
  - ☐ Must stick to original vision
- Compare yourself to others
  - ☐ You think other's dreams are easier
- Don't believe in yourself
  - ☐ You don't think you can succeed

Differences between average and successful people

- Successful people thrive on rejection
  - ☐ They use it as motivation

- Successful people never lose hope
  - They don’t give up their dreams
- Successful people take risks
  - Great risk, great reward
- Successful people never stop learning
  - They read books
  - They absorb knowledge from everything
- Successful people take action
  - They follow their plans

Why you need to take risks to succeed

- Taking risks give you purpose
  - You want to ensure success
  - Don’t want to lose what you invested
- You find new opportunities
  - Can help you get ahead in life
- Shows great self-confidence
  - Set yourself apart from other people
  - People start to notice you
- Help overcome fear of failure
  - It’s all in your mindset
- Difficult to achieve anything without it
  - Can’t do anything within comfort zone

Important lessons from failure

- Failure isn’t forever
  - Every day gives you fresh start
- Never stop trying
  - When you stop trying, you fail
- Changing directions is okay
  - Helps get over a stumbling block
- Opportunity to start anew
  - Don’t let pain linger
  - Move on from failure
- Get up when you fall down
  - It’s okay to fall down
  - Just remember to get back up

Shape your mindset for success

- Have a growth mindset and dream big
  - Push your boundaries

- Focus on your goals
  - ☐ Never lose hope
- Let go of bad habits
  - ☐ Will set you back from succeeding
- Build new positive habits
  - ☐ Get your mind ready for success
- Learn from mistakes
  - ☐ Failure is a great teacher
- Do away with negative thoughts
  - ☐ Learn from others’ successes
  - ☐ Don’t be jealous of other people