

# Celebrating Failures

People who embrace failure are some of the most successful people. They choose not to be embarrassed or humiliated from their mistakes. Instead, they learn from them just like Wilma did. Losing races taught Wilma that even though she started a race slow, she could learn how to pick up speed as she ran and finish fast.

## **Failures help us understand several things**

1. Failures mean you like to challenge yourself.
2. Failures mean you are trying new things. You do not stay in your comfort zone.
3. Failures teach you what not to do.
4. Failures teach you how strong you are.
5. Failures teach you how to open your mind to other ways of thinking, doing, and working.
6. Failure teaches you resiliency.

Bottom line- Failure is a part of learning and success.

## **OBJECTIVE**

The girls will understand failures are part of success.

## **COMPETENCY**

The girls will write down failures they have experience and lessons they learned from these failures.

## **MATERIAL**

- Celebrate Failures Page
- Pens or Pencils
- If you desire, consider hanging balloons and/or streamers for celebration decor

## **DID YOU KNOW**

Oprah Winfrey was demoted from her first job as an anchor on a primetime news show because her boss said she was too emotionally invested. She went on to be one of the richest women in the world and has made her living by helping people live their best life.

JK Rowling's book, Harry Potter, was rejected multiple times and she lived in her car before she found a publisher for the famous series.

It is important to take time to celebrate and learn from your failures. They can be turned around and used as fuel for your success.

Take some time to think about the times you have failed. It may have been a math test, not making a sports team, a science experiment, or perhaps you were given a responsibility that you couldn't handle. Write down at least two times that you failed. Then think of a lesson that came from that failure.

## **A LITTLE MORE GRIT.**

Don't keep it to yourself! Share your failures and lessons with the others in the group. After each girl shares clap and give her a standing ovation!

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## FAILURE 1

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### LESSON LEARNED:

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## FAILURE 2

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### LESSON LEARNED:

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## EXAMPLE

I didn't make the basketball team. I learned that I was holding my hand wrong for free throws. I have now learned the correct way to hold my hand and to follow through on my wrist action.

## REMEMBER

Remember, failures shouldn't be an embarrassment, instead think of them as acts of courage and perseverance.