

HANDLING SETBACKS

Everyone experiences times where they feel let down or like they want to quit something. Not getting something you want can be an intense disappointment and can consume your thoughts, leaving you dejected and sad. However, recall your work several weeks ago on having a growth mindset. Consider how setbacks can provide opportunities to you, such as important lessons and build resiliency (mental and emotional toughness). You might be surprised that failure is very important to experience, and our failures can be our most prominent teachers, helping us learn to bounce back and develop grit (steadfastness). We all benefit from improving our skills in these areas, as these skills will allow us to persist and create and reach new and amazing goals.

You can handle setbacks and that they are a part of life. You are not alone, and the more you intentionally work through them, the more empowered you will feel.

Application: Below, you will find a list of celebrities and other well-known figures. Pick two people and use your phone or computer to read their history, focusing on their stories of failure and resulting resiliency. How did they triumph even in the face of adversity? What can you learn from their experiences? Consider incorporating their journeys into a class assignment when possible. There are two blanks left for you to add your own suggestions.

Tyler Perry	Eminem	J.K. Rowling	Lady Gaga
Lizzo	Bruno Mars	Albert Einstein	Oprah Winfrey
Walt Disney	Elvis Presley	Jay-Z	Henry Ford
Kevin Durant	Bill Gates		

Practice: Next time you or someone you care about is dealing with a setback, try and give yourself or them a moment to go through it. Sadness is natural, and it may hurt for a while. Listen to one of the artists above, as a reminder that even the most successful people have dealt with failures.