**WEEK 3 SEMINAR- Fear of failure (FF)**

1. Define the entrepreneurship mindset

Fixed mindset- people believe that successes depends on talent etc. its fixed, failure is the enemy. Reminder that you’re not good enough

Growth mindset- dependent on your motivation, effort etc. features of the **entrepreneurship mindset**. Failure in relation is perceived as your friend- opportunity to get feedback.

3 habits: self- leadership, creativity, improvisation

Fear of failure- associated with risk taking. Dismiss relation between fear and risk, feeling that leaves a person discouraged and afraid

1. FF Is a personality trait, thus stable/ fixed
2. FF is detrimental to entrepreneurship
3. FF makes you avoid and approach actions- fight or flight. Tackling success as a way of avoiding failure
4. FF creates stress and fatigue and it is bad for your psychological wellbeing- stress preparing your body for challenges- changing to this mindset causes physiological response- similar to courage
5. FF makes you search for human connection

Resilience: learning from failure

* Enthusiasm is both good- and fatal
* Know when to leave
* Determination is essential- but not enough
* Never mortgage your house against a business
* -Such a thing as post traumatic growth- learn from experiences
* Aspire to be good from the start, change perception of failure- opportunity to improve self.
* Objective overview on self
* Fear of others doing well- why some people are dismissive
* Resilience- too much?
* Different ideas of success

REFLECTION

The third session dealt with a very important and fundamental aspect to entrepreneurship; the idea of failure and the defining of the entrepreneur’s mindset. It was established that failure in many ways can be the reality to many entrepreneurs and what may cultivate is a fear of failure which can inhibit progression if your mindset is not aligned correctly. What I found really insightful was the perspective of failure and the fear of failure that comes with an entrepreneurial mindset, which ultimately flipped the negative associations of failure into a more positive outlook which provided means of improving and learning from your mistakes. I found having the guest speaker enlighten us on his past experiences of his own failures somewhat inspiring yet still light-hearted as he seemed to be a prime example of how his failures led him to be in the position that he is in today. Ultimately, the session made me reflect on my own perspective towards failure and perhaps look at the concept similarly to that of an entrepreneur’s mindset and apply it to certain aspects in my own life.