**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