

# Lesson 5

Stay on Track and Win

**It's easy to get  
discouraged.**





**Fail**  
**Course Correct**  
**Track**  
**Celebrate Wins**

FAULURE

# Failure = Lack of success



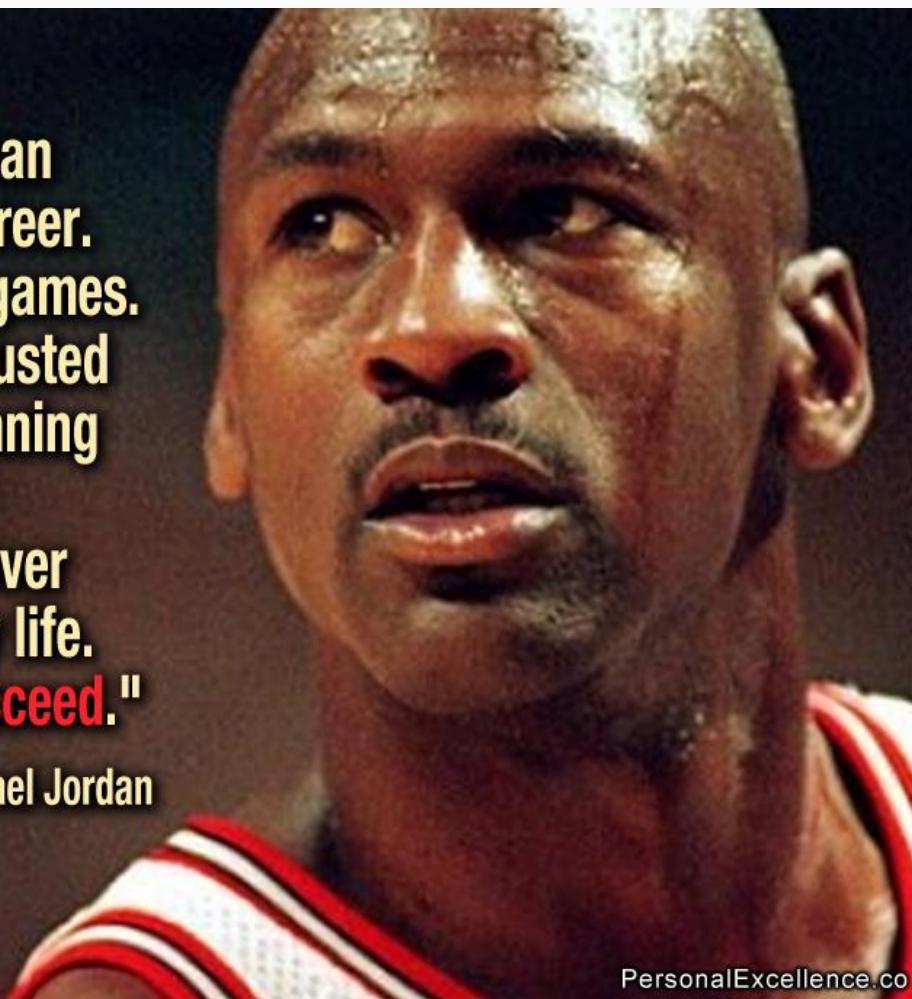
**Failure is TOTALLY NORMAL**



Failure is not the opposite of success; it's part of success.

— Arianna Huffington —

AZ QUOTES



**"I've missed more than  
9,000 shots in my career.  
I've lost almost 300 games.  
26 times I've been trusted  
to take the game winning  
shot and missed.  
I've failed over and over  
and over again in my life.  
**And that is why I succeed."****

~ Michael Jordan

**Successful people  
embrace failure is a  
totally normal, even  
welcome part of their  
path to success.**



A photograph of Oprah Winfrey. She is a Black woman with voluminous curly hair and is wearing large, dark-rimmed glasses. She is smiling broadly, showing her teeth, and has her right hand resting under her chin. She is wearing a light-colored, cable-knit cardigan over a white top. A white smartwatch is visible on her left wrist. She is seated in a dark leather armchair, with a wooden coffee table and a bookshelf in the background.

Think like a queen. A queen  
is not afraid to fail. Failure  
is another stepping stone  
to greatness.

OPRAH WINFREY

**SUCCESS  
CONSISTS OF GOING FROM  
FAILURE TO FAILURE  
WITHOUT  
LOSS OF  
ENTHUSIASM**

- WINSTON CHURCHILL -



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# **Choice #1: “I’m not doing my Miracle Minutes every day” means....**

- I’m failing to do what I’ve committed to myself to do.
- I’m falling behind in class.
- Other people are doing better than me, so I’m bad.
- I’ll never catch up.
- I’m not succeeding.
- I’m a failure

## **Choice #2: “I’m not doing my Miracle Minutes every day” means....**

- I’m learning how to build a Miracle Minutes practice
- It takes effort and time to build this kind of skill
- What can I learn from my experience so far?
- If she can do it every day, then it’s possible for me too!
- I haven’t succeeded YET, but I’m on the path!

**Use your fails to your advantage...**

# Course Correcting

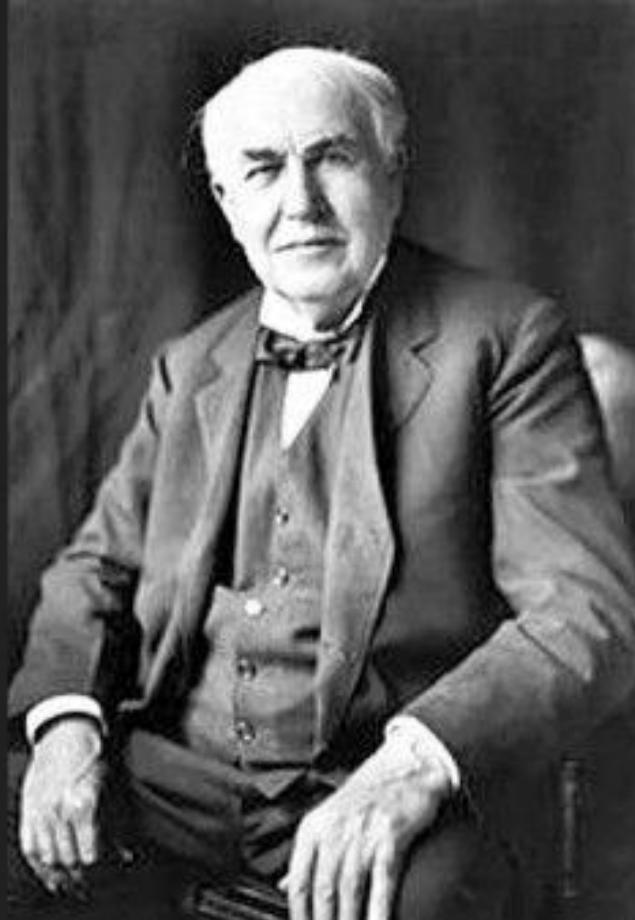


It can  
ALL  
be an  
experiment.



**I have not failed,  
I've just found  
10,000 ways  
that won't work.**

*- Thomas Alva Edison*



I set a goal and I think of some action steps to my goal.

I try one of the action steps.

If the results are good, I keep moving the direction I was going.

If the results are not so good, I get curious and try to think what went wrong? How could I do this differently, to get a better outcome?

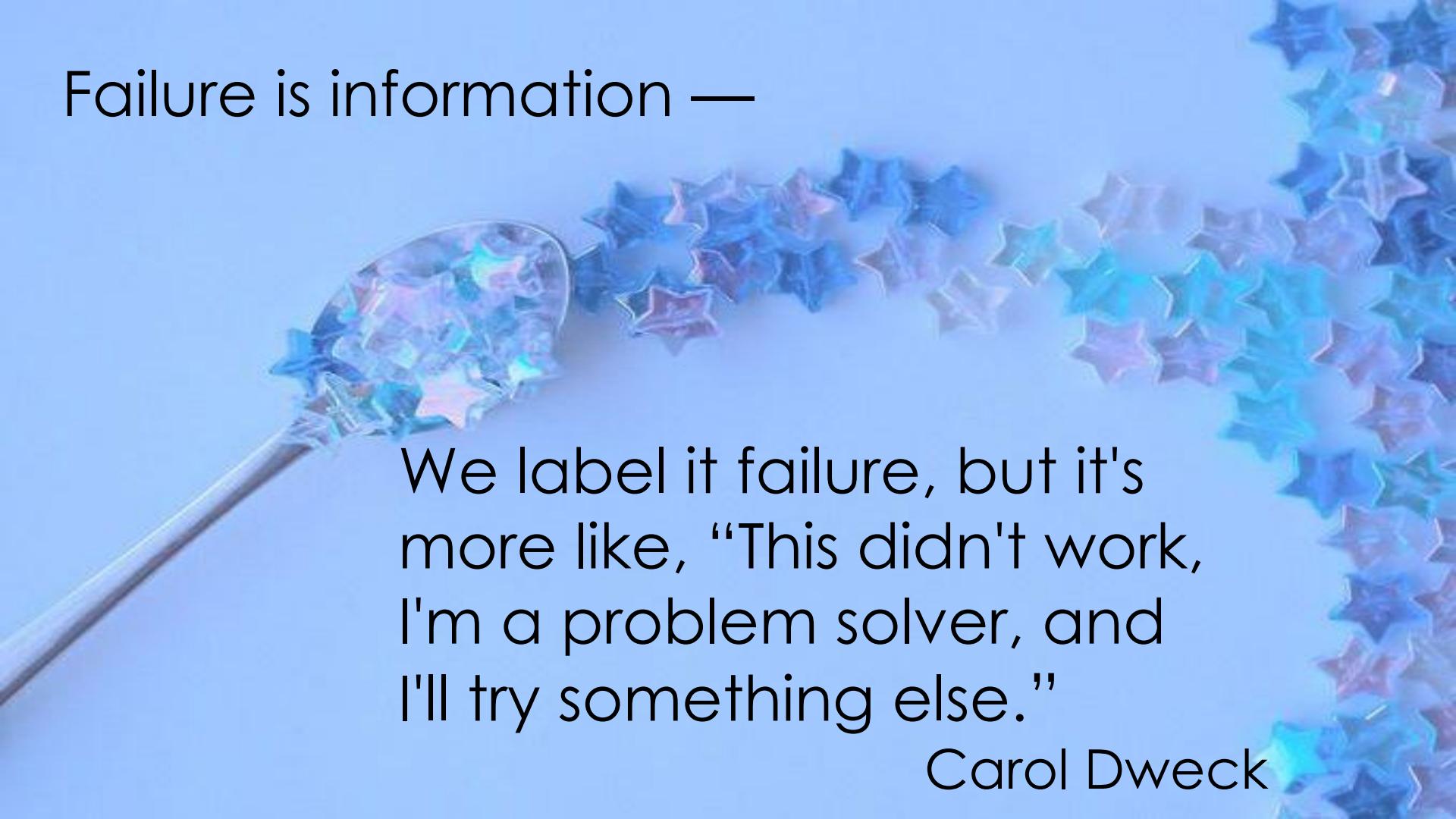
I make a small adjustment and take one more step toward my goal, and repeat...



# Growth Mindset vs. Fixed Mindset



# Failure is information —

A blue lollipop with a star-shaped base, surrounded by a cluster of glowing blue stars.

We label it failure, but it's more like, "This didn't work, I'm a problem solver, and I'll try something else."

Carol Dweck

## **Fixed Mindset Thoughts**

- I can't do this
- I don't want to screw this up
- Other people are better at this
- I give up
- I'm not good at this
- This is too hard

## **Growth Mindset Thoughts**

- I'm learning how to do this
- Mistakes are the way I learn and grow
- How can I learn from them?
- How can I try this another way?
- What do I need to learn to get better at this?
- This will get easier as I practice more

# Example: Failing at Miracle Minutes



# Why didn't I do my Miracle Minutes?

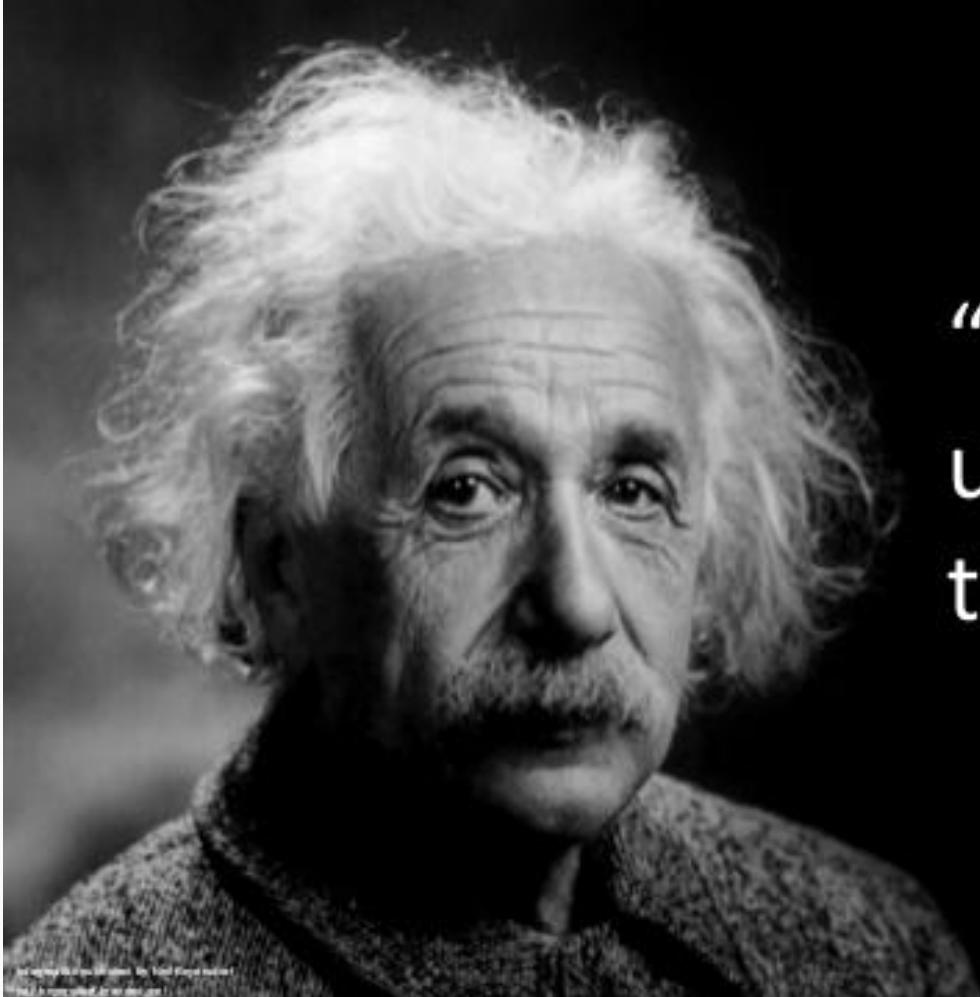
Well a couple of things...

- I didn't have a regular time so I just forgot usually.
- Sometimes I remembered but I didn't feel like it.
- One time I was so exhausted and working so hard that I just didn't have the energy for it.

**What small adjustment can I try to get  
the results I want?**

## Make a concrete plan: when, where and/or how?

-  I resolve do my Miracle Minutes tomorrow.
-  I'll do my Miracle Minutes when I'm in the shower tomorrow. Right now, I'll put a sticky note on the bathroom mirror that says "Miracle Minutes," so I'll remember.

A black and white close-up portrait of Albert Einstein. He has his characteristic wild, white hair and a full, grey beard. His eyes are looking slightly to the right of the camera with a thoughtful expression. The background is dark and out of focus.

“You never fail  
until you stop  
trying.”

*Albert Einstein*

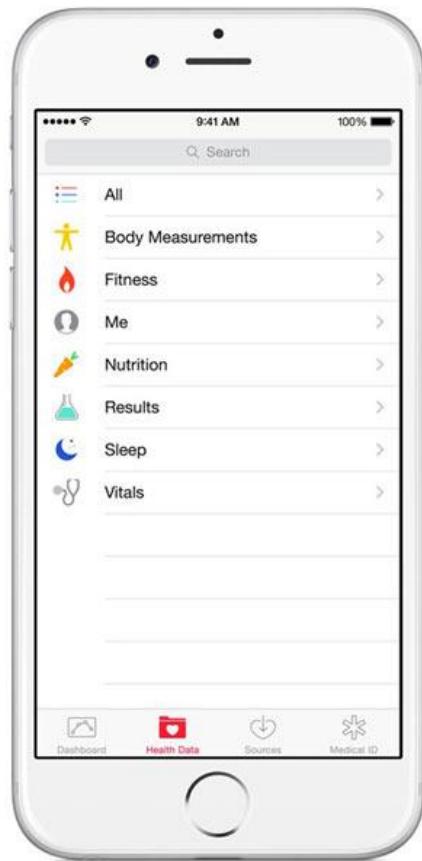


I NEVER LOSE  
I EITHER WIN  
OR LEARN

- Nelson Mandela

The background of the image consists of a stack of numerous folded fabrics, creating a rich, layered texture. The colors of the fabrics transition through a full spectrum, including red, orange, yellow, pink, purple, teal, blue, and green. The lighting highlights the folds and the varying textures of the different fabric types.

**TRACKING**





**Week of** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# Thoughts I chose for my dream of better physical health and fitness

- I'm a fit, healthy person and I'm the kind of person who exercises regularly.
- Exercising is no big deal and it's part of my daily life.

JANUARY 17 - 23, 2021

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals	★
<b>Weight</b>			157.4	157.6	158.2	158.2	158.2	157.4		
<b>Flour</b>	x day									
<b>Meatless</b>	x week									
<b>Coffee</b>	x day									
<b>Squats</b>	7 x week	X	X	X	X	X	X	X	—	*
<b>Walk</b>	Hike/Walk	X	X	X	X	X	X	X		
<b>Thighs</b>	5 x week	X	X	X	X	X	—	—		*
<b>Stretch</b>		X	X	X	X	X	—	—		*
<b>Weights</b>	3 x week	X	X	X	—	—	—	—		X
<b>Stomach</b>		X	X	X	X	X	—	—		X
<b>Butt</b>		X	X	X	—	—	—	—		X
<b>Plank</b>		X	X	X	—	—	—	—		X
<b>Hips</b>			X	X	X	—	—	—		X
<b>Practicing Thoughts</b>	x day	X	X	X	X	X	X			



# Use trackers for...

## Business

- Sales
- Income
- Subscribers
- Clients
- Referrals
- Outreach

## Personal

- Creative sessions (crafting, painting, writing, song writing)
- Unit of exercise
- Free time sessions
- 1 action step to a goal
- Self-care (M. Minutes, meditation, prayer)

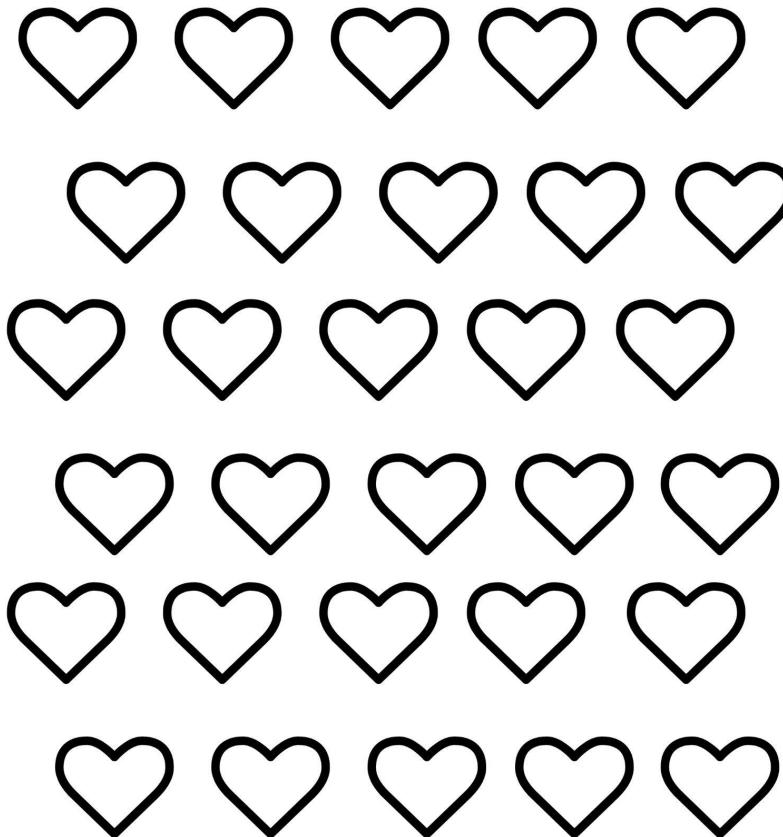


**What you focus on grows**

30-Day Goal:

Start:

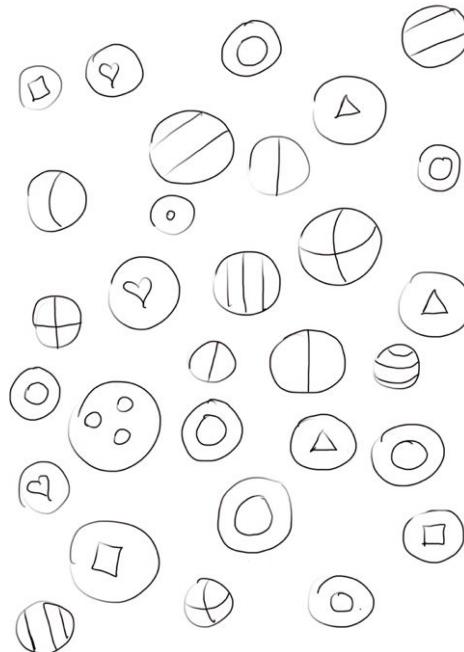
End:



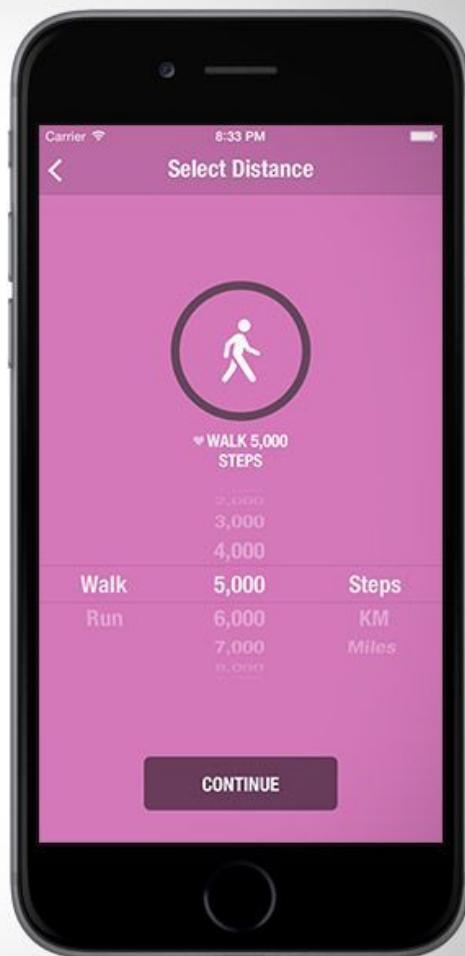
30-Day Color Tracker

Goal:

Date Started:



Try making your own.  
It's super simple and  
fun.





headspace

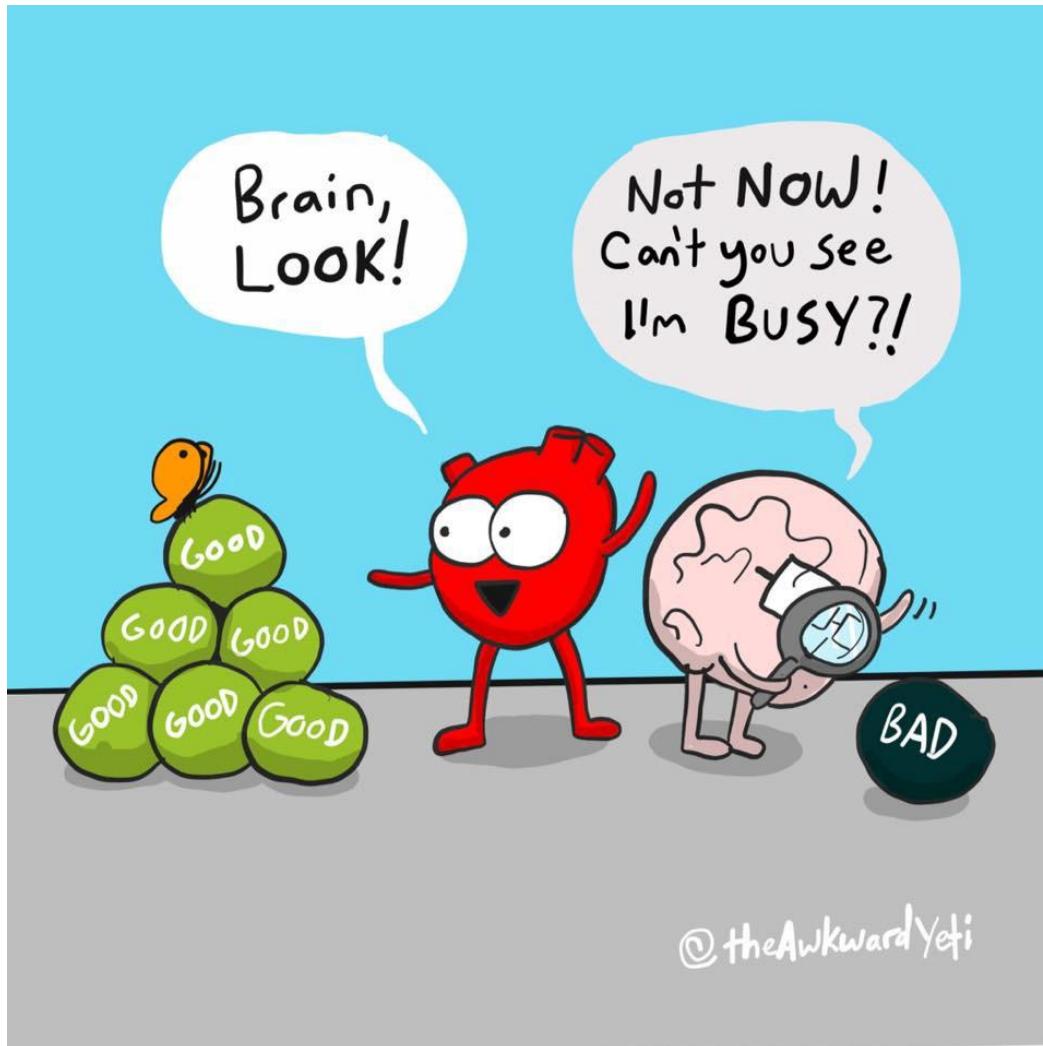


RUN STREAK GOALS





# Celebrating your Wins



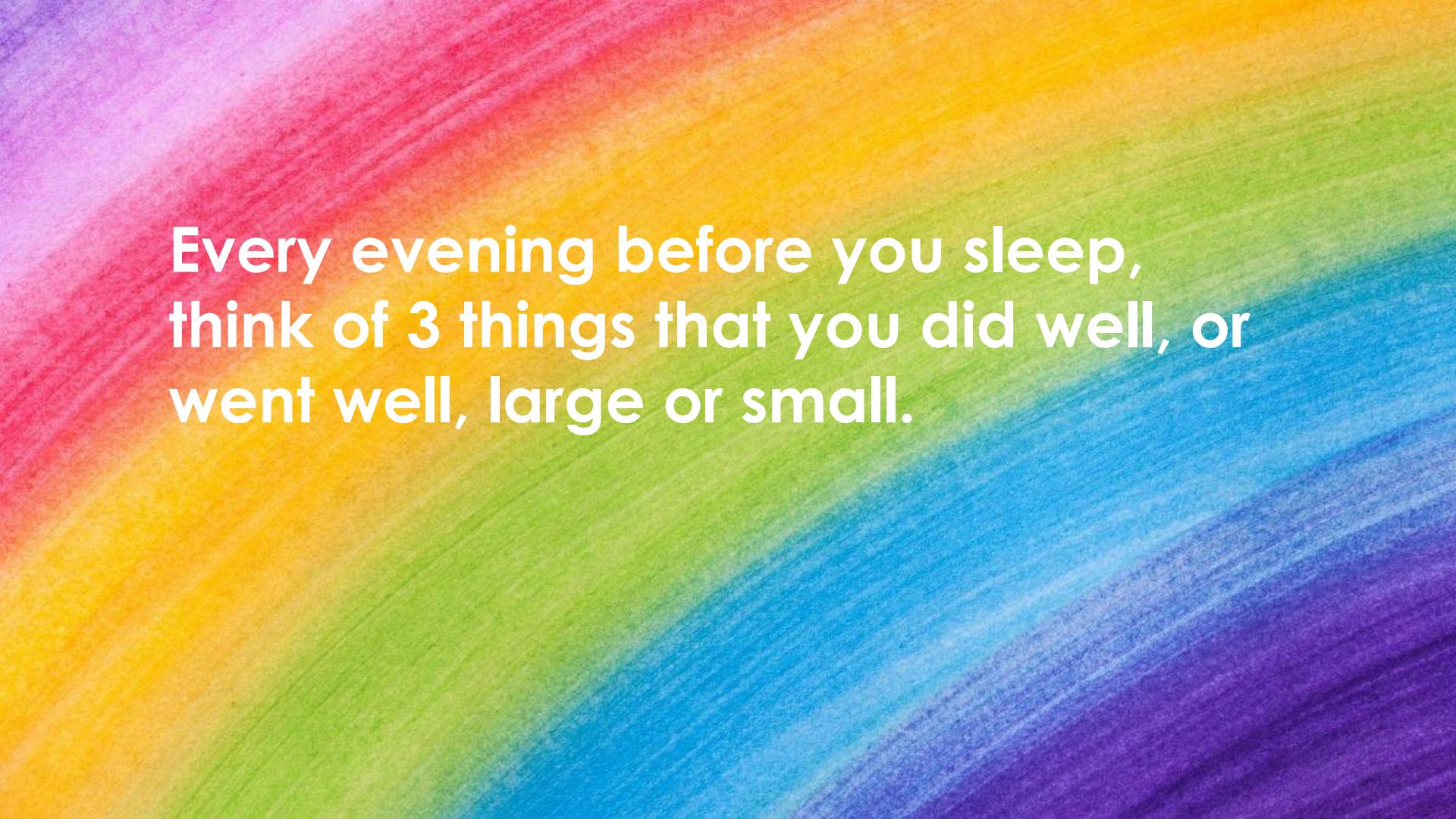
@theAwkwardYeti



So you need to practice celebrating

# Celebrate your wins, large and small....

- I did my Miracle Minutes 
- I took a baby step to my goal 
- I said something nice to my friend 
- I had a successful difficult conversation 
- I signed a new client 
- I paid off my student loan 



**Every evening before you sleep,  
think of 3 things that you did well, or  
went well, large or small.**

Please share in the chat a recent win or something you have done well or that went well.

# When I reach my goal, I will celebrate by...

- Treat myself to a day of R and R
- Share the news with my bestie
- Plan a special meal
- Take a day trip somewhere fun or beautiful
- Have a potluck with friends
- Write a gratitude letter to someone who helped me
- Have a bubble bath
- Get a massage
- Buy or cut myself some flowers

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly...”

— Theodore Roosevelt

Q & A

# What's Next?

## **Assignment: What to Practice this Week**

- Continue your miracle minutes
- Continue your action steps to your 30-day goal
- Continue doing 2 models a day
- Begin tracking one thing, of any type.
- Start a practice of celebrating 3 wins of the day before you sleep.