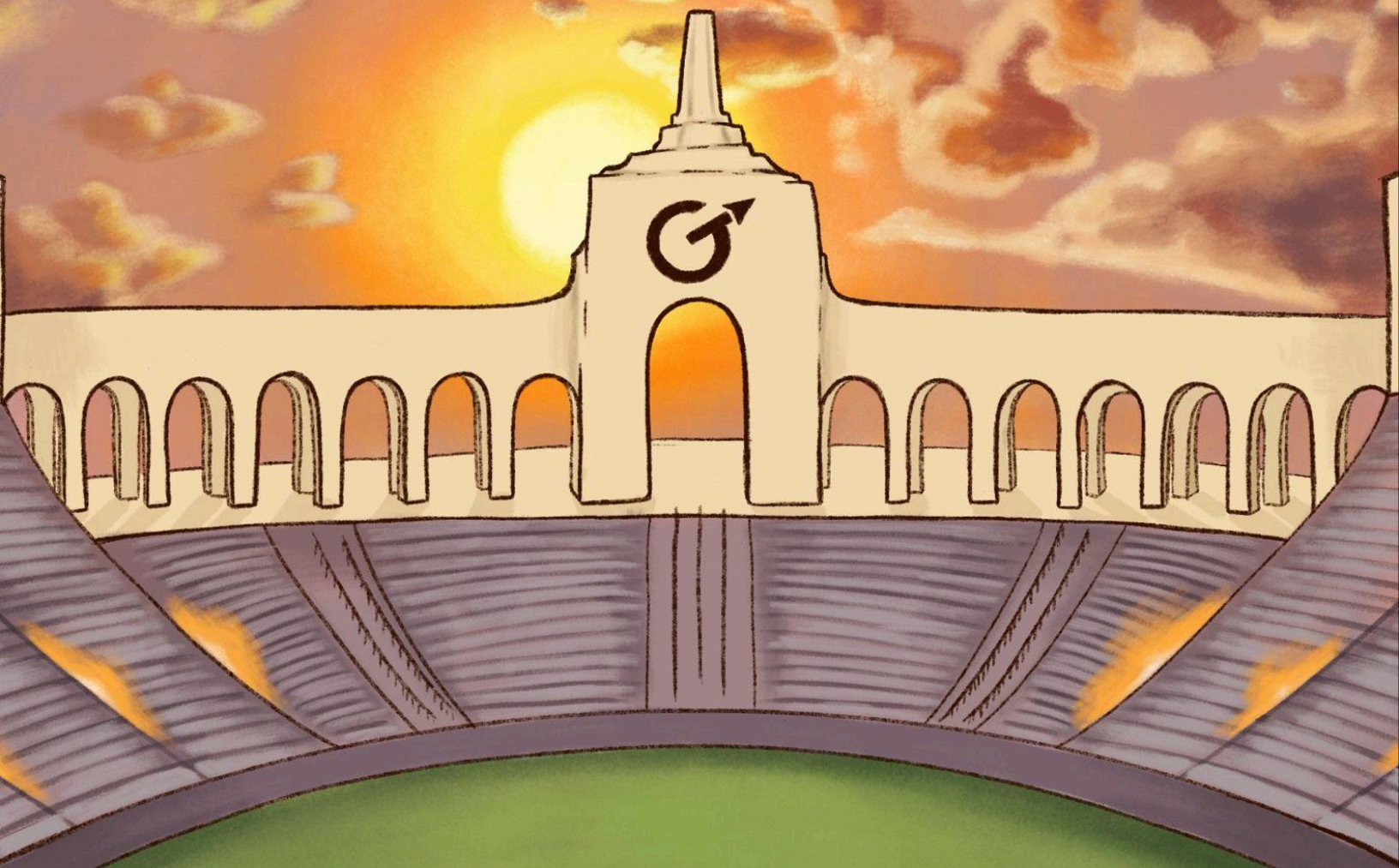


FAILURE IS ESSENTIAL



TRAINING CAMP INSTRUCTORS

**DR. MICHAEL BROWN
& PAUL MCDONALD**

WE KNOW RESEARCH TELLS US THAT THOSE WHO FAIL MOST OFTEN ACTUALLY HAVE THE GREATEST LEVELS OF SUCCESS."

MISTAKES, FAILURES, IT'S ALL PART OF THE SPORTING EXPERIENCE. SO, THE WHOLE KEY THOUGH, IS SORT OF EMBRACING THOSE MOMENTS, LEARNING FROM THEM, BUT NOT HAVING THEM OVERWHELM YOU."

I LOVE THE IDEA OF ACTUALLY TAKING A MOMENT AND STUDYING YOUR MISTAKES WITHOUT BEING STUCK IN YOUR MISTAKES, WHERE FAILURE BECOMES REALLY PROBLEMATIC."

FAILURE SUCKS. IT'S NO FUN TO LOSE OR TRY SOMETHING NEW AND BE BAD AT IT. MANY PEOPLE HATE THE FEELING OF FAILURE SO MUCH THAT THEY AVOID IT AT ALL COSTS. UNFORTUNATELY, THIS ATTITUDE WILL PREVENT YOU FROM PERFORMING AT YOUR HIGHEST LEVELS AND HAVING THE SUCCESS THAT YOU DREAM ABOUT. THE MOST SUCCESSFUL PEOPLE IN THE WORLD HAVE FAILED OFTEN AND, IN LEARNING FROM THOSE FAILURES, THEY'VE SET THEMSELVES UP TO BE AT THE PEAK OF THEIR GAME. THEY HAVE A GROWTH MINDSET.

IN THIS CLASS, DR. MICHAEL BROWN AND PAUL MCDONALD EXPLAIN THE IMPORTANCE OF HAVING A GROWTH MINDSET. DR. BROWN SERVES AS A LIFE COACH FOR ELITE ATHLETES AT BOWLING GREEN STATE UNIVERSITY AND MICHIGAN STATE AND PAUL PLAYED FOOTBALL AT THE HIGHEST LEVELS AS AN ALL-AMERICAN QUARTERBACK AT USC AND IN THE NFL FOR EIGHT SEASONS.

FIXED MINDSET VS. GROWTH MINDSET

THE FIRST STEP IS UNDERSTANDING THE DIFFERENCE BETWEEN A FIXED MINDSET AND A GROWTH MINDSET. IN A FIXED MINDSET, YOU SEE THINGS THE WAY THEY ARE AND DON'T BELIEVE THERE IS ANY OTHER WAY. IT IS WHAT IT IS! IN A GROWTH MINDSET, YOU BELIEVE THERE IS MORE FOR YOU TO DO AND YOU ARE ALWAYS STRIVING TO LEARN AND IMPROVE. THIS PURSUIT REQUIRES YOU TO PUSH YOURSELF TO THE POINT OF FAILURE, LEARN FROM THE FAILURE, KEEP TRYING, AND GET BETTER.

MISTAKES ARE AN OPPORTUNITY TO GROW

AFTER MAKING A MISTAKE, THERE IS A TEMPTATION TO FOCUS ON THE FAILURE INSTEAD OF USING THE FAILURE AS A LAUNCHPAD TO GREATER SUCCESS. CONSIDER THIS; WHAT WOULD IT LOOK LIKE IF EVERY TIME YOU MADE A MISTAKE OR FAILED AT SOMETHING YOU VIEWED IT AS AN OPPORTUNITY TO LEARN AND GROW? THIS IS THE MINDSET THAT ELITE CHAMPIONS CARRY WITH THEM THROUGHOUT THEIR CAREERS. EMBRACE YOUR FAILURES AS THE FIRST STEPS TO YOUR SUCCESS.

SELF-REFLECTION

• CREATE A WORD DOCUMENT TITLED "FAILURE IS ESSENTIAL ESSAY." WRITE THE HEADLINE, "TRAINING CAMP 1: EMBRACE GROWTH MINDSET." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

THE LESSONS WE TAKE FROM OBSTACLES WE ENCOUNTER CAN BE FUNDAMENTAL TO LATER SUCCESS. RECOUNT A TIME WHEN YOU FACED A CHALLENGE, SETBACK, OR FAILURE. HOW DID IT AFFECT YOU, AND WHAT DID YOU LEARN FROM THE EXPERIENCE?

TRAINING CAMP 2 / MOVING THROUGH FEAR

W MOST OF THE BAD DECISIONS WE MAKE IN LIFE ARE OUT OF FEAR, BUT THERE IS HOPE AND THERE IS HELP."

W FEAR HAS MORE POWER IN THE DARKNESS THAN IT HAS IN THE LIGHT. SO, WHEN WE CAN ACTUALLY TALK ABOUT OUR FEARS...THEY LOSE THEIR POWER."

W I THINK THAT IT'S REALLY IMPORTANT TO STEP OUT OF THE SITUATION BECAUSE WHEN YOU'RE IN THE MIDDLE OF IT, WHATEVER THAT FEAR MIGHT LOOK LIKE, IT BECOMES PART OF YOU."

FEAR CAN BE A CRIPPLING THING THAT STOPS YOU FROM STRIVING TO BE YOUR BEST AND, IN THE WORST CASES, EVEN PREVENTS YOU FROM FACING SIMPLE DAY-TO-DAY TASKS IN LIFE.

IN THIS GAMECHANGE TRAINING CAMP, DR. BROWN AND PAUL MCDONALD TEACH HOW TO FACE YOUR FEARS AND MOVE THROUGH THEM. DR. BROWN HAS A SIMPLE THREE STEP PROCESS THAT YOU CAN TRY WHEN YOU FIND YOURSELF FEARFUL ABOUT A SITUATION YOU ARE IN. HE CALLS THE PROCESS "THE THREE I'S."

IDENTIFY YOUR FEAR

THIS STEP INVOLVES SIMPLY ACKNOWLEDGING THE THING THAT YOU ARE AFRAID OF. "I AM AFRAID OF..." YOU CAN DO THIS BY YOURSELF, BUT IT IS FAR MORE POWERFUL TO SPEAK YOUR FEAR TO SOMEONE ELSE.

THIS COULD BE A PARENT, FRIEND, TEACHER, COACH, OR A PROFESSIONAL, SUCH AS A PSYCHOLOGIST.

INVESTIGATE YOUR FEAR

THE SECOND STEP IS TO INVESTIGATE YOUR FEAR. ASK YOURSELF, "WHY AM I SO AFRAID?" TAKE THE TIME TO REFLECT AND TALK ABOUT YOUR FEAR. WHAT IS THE SOURCE OF YOUR FEAR? ARE THERE THINGS THAT TRIGGER YOUR FEAR? TRY TO IDENTIFY SPECIFIC THOUGHTS OR SITUATIONS THAT BRING ON THE FEAR. ONCE AGAIN, TALKING THROUGH YOUR FEARS WITH A TRUSTED FAMILY MEMBER, FRIEND, OR PROFESSIONAL IS BETTER THAN JUST TRYING TO FIGURE IT OUT FOR YOURSELF.

INTERROGATE YOUR FEAR

THIS IS THE PART WHEN YOU USE LOGIC TO DEFEAT EMOTION. EASIER SAID THAN DONE BECAUSE EMOTION IS A POWERFUL THING. HOWEVER, YOU MUST SIMPLY UNPACK THIS THING THAT YOU FEAR. IS THE FEAR REALLY VALID? IS THERE CONCRETE EVIDENCE THAT SUPPORTS YOUR FEAR OR IS IT BASED ON ASSUMPTION? BE HONEST, ARE YOU GOING STRAIGHT TO THE WORST-CASE SCENARIO? IS THERE A MORE POSITIVE WAY TO VIEW THE SITUATION? FOR EXAMPLE, CAN YOU REFRAME THE FEAR AS A GROWTH MINDSET OPPORTUNITY AND VIEW IT AS A CHALLENGE TO GET BETTER?

SELF-REFLECTION

• OPEN YOUR "FAILURE IS ESSENTIAL ESSAY" DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 2: MOVING THROUGH FEAR." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

REFLECT AND WRITE ABOUT SOMETHING FROM YOUR PAST THAT ONCE CAUSED YOU ANXIETY OR FEAR THAT YOU WERE ABLE TO OVERCOME. WHAT WAS THE FEAR? HOW DID YOU OVERCOME IT? WAS FACING YOUR FEAR VERY CHALLENGING OR SURPRISINGLY EASY (THERE IS NO RIGHT ANSWER)? HOW DID YOU FEEL WHEN YOU WERE ABLE TO DO THE THING THAT YOU ONCE FEARED?

TRAINING CAMP 3 / TRUST THE PROCESS

W

I HEAR THE STORIES ALL THE TIME. 'I DIDN'T GET GOOD QUICK ENOUGH. I WASN'T VERY GOOD AT THIS, AND SO I STOPPED,' OR, 'I'M NEVER GOING TO BE A SUCCESS BECAUSE IT'S TAKING TOO LONG.'"

W

JUST KEEP TAKING THE PICK AND HITTING THE ROCK – EVERY GAME, EVERY PRACTICE, EVERY MINUTE. IF YOU JUST TAKE A LITTLE PICK AND YOU JUST KEEP TAPPING THE ROCK, AT SOME POINT, THE ROCK IS GOING TO SPLIT."

W

WHEN THERE ARE FAILURES, WHAT DO YOU DO? DO YOU THROW OUT THE BOOK AND START OVER FROM SCRATCH? (NO). YOU GO BACK TO YOUR STITCHING – YOU GO BACK TO WHAT YOU KNOW BEST."

IT IS INCREDIBLY HARD TO STAY POSITIVE WHEN YOU ARE IN THE MIDST OF A LOSING STREAK OR SLUMP. IT'S HARD TO BE PATIENT WHEN YOU ARE SITTING ON THE END OF THE BENCH AND THE PLAYING FIELD LOOKS NOWHERE IN SIGHT. THERE ARE OFTEN THINGS YOU CAN'T CONTROL, BUT WHAT YOU CAN CONTROL IS TO KEEP DOING THE WORK WITH THE BELIEF THAT YOUR DAY WILL COME. THIS IS WHAT TRUSTING THE PROCESS MEANS.

IN THEIR CLASS ON TRUSTING THE PROCESS, DR. MICHAEL BROWN AND PAUL MCDONALD OFFER ADVICE ON HOW TO STAY THE COURSE. PAUL PLAYED AT THE HIGHEST LEVELS FROM ALL-AMERICAN QUARTERBACK AND NATIONAL CHAMPION AT USC TO STARTING AN NFL PLAYOFF GAME FOR THE CLEVELAND BROWNS. IN THE TRAINING CAMP, PAUL ILLUSTRATES TRUSTING THE PROCESS WITH A STORY FROM ANOTHER SPORT, BASKETBALL.

TRUSTING THE PROCESS, MAMBA STYLE

KOBE BRYANT WAS JUST A ROOKIE WHEN HIS LOS ANGELES LAKERS FOUND THEMSELVES IN A MUST-WIN GAME TO STAY IN THE PLAYOFFS VS. THE UTAH JAZZ. IN THE FINAL MINUTES OF THE GAME, KOBE SHOT FOUR AIRBALLS AND THE LAKERS LOST. IN THE POST-GAME INTERVIEW, KOBE STAYED CALM WHILE EXPLAINING TO REPORTERS THAT SHOOTERS ARE SUPPOSED TO SHOOT, BUT SOMETIMES THEY DON'T GO IN.

KOBE DIDN'T LOSE FAITH BECAUSE OF HIS POOR PERFORMANCE. WHAT HAPPENED NEXT EXPLAINS WHY. THE LAKERS ARRIVED HOME AFTER MIDNIGHT AND KOBE WENT STRAIGHT TO THE GYM TO START HIS OFF-SEASON SHOOTING WORKOUTS. HE PUT UP HUNDREDS OF SHOTS IN THAT EARLY MORNING WORKOUT. KOBE KNEW THAT HIS DAY WOULD COME IF HE KEPT DOING THE WORK. HE TRUSTED THE PROCESS! IT WAS THAT MAMBA MENTALITY THAT LED TO ALL THE MVP AND CHAMPIONSHIP TROPHIES.

WHAT MOTIVATES YOU?

KOBE DID THE WORK BECAUSE HE LOVED PLAYING BASKETBALL. HIS JOURNEY WAS MADE MUCH EASIER BECAUSE OF HIS LOVE FOR PLAYING THE GAME. WHAT IS THAT THING YOU LOVE THAT CAN DRIVE YOU TO STICK WITH IT AND TRUST THE PROCESS WHEN THE BALL ISN'T BOUNCING YOUR WAY?

SELF-REFLECTION

• OPEN YOUR "FAILURE IS ESSENTIAL ESSAY" DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 3: TRUST THE PROCESS." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

DESCRIBE A TOPIC, IDEA, OR CONCEPT YOU FIND SO ENGAGING THAT IT MAKES YOU LOSE ALL TRACK OF TIME. WHY DOES IT CAPTIVATE YOU? WHAT OR WHO DO YOU TURN TO WHEN YOU WANT TO LEARN MORE?

TRAINING CAMP 4 / GIVE YOURSELF GRACE



YOU CAN GIVE YOURSELF GRACE BECAUSE YOUR PERFORMANCE IS NOT TIED TO WHO YOU ARE AS A HUMAN BEING."



WE'RE ATTACHED TO ROLES, AND TO UNATTACH FROM THOSE ROLES AND REALLY LOOK AT JUST THE PERSON THAT WE ARE IS A CHALLENGE, BUT THAT'S WHAT WE MUST DO IN ORDER TO GIVE OURSELVES GRACE."



THE THING THAT YOU THINK THAT IS MOST IMPORTANT, THE MOST IMPORTANT THING IN YOUR LIFE RIGHT NOW, YOU WON'T REMEMBER FIVE YEARS FROM NOW. YOU'LL FORGET ABOUT IT."

ONE OF THE BIGGEST CHALLENGES THAT MANY PEOPLE FACE IS THE ABILITY TO LET GO OF PAST MISTAKES AND GIVE THEMSELVES THE GRACE THAT ALLOWS THEM TO MOVE ON AND PERFORM BETTER THE NEXT TIME.

IN THEIR TRAINING CAMP, DR. MICHAEL BROWN AND FORMER NFL QUARTERBACK PAUL MCDONALD PROVIDE ADVICE ON GIVING YOURSELF GRACE. THE TRAINING CAMP FEATURES FOUR POINTS WHEN THINKING ABOUT HOW TO TREAT YOURSELF AFTER MISTAKES AND LOSSES.

GRACE OVER FORGIVENESS

DR. BROWN DISTINGUISHES BETWEEN GIVING YOURSELF GRACE AND FORGIVENESS BY EXPLAINING THAT WHEN YOU MAKE A MISTAKE, YOU DON'T REALLY NEED TO FORGIVE YOURSELF BECAUSE YOU DID NOTHING PURPOSELY WRONG THAT REQUIRES FORGIVENESS. YOU JUST MADE A MISTAKE AND NONE OF US ARE PERFECT.

PERSONAL IDENTITY

ATTACHING YOUR PERSONAL IDENTITY TO YOUR PERFORMANCE AS AN ATHLETE, STUDENT, OR PROFESSIONAL, CAN CREATE A DANGEROUS, SLIPPERY SLOPE THAT IS CRUCIAL TO AVOID. YOU ARE MORE THAN AN ATHLETE, MORE THAN A GOOD STUDENT, MORE THAN AN ESTEEMED PROFESSIONAL. PAUL ADVISES TO SELF-REFLECT ON THINGS THAT ARE IMPORTANT TO YOU OUTSIDE OF WHAT YOU DO. ASK YOURSELF QUESTIONS SUCH AS: WHY AM I DOING WHAT I'M DOING? WHAT KIND OF PERSON DO I WANT TO BECOME?

NOTHING TO PROVE

DR. BROWN SAYS, "ONE OF MY FAVORITE PHRASES I LIKE TO USE WITH OUR COLLEGE ATHLETES IS 'YOU HAVE NOTHING TO PROVE, BUT YOU HAVE LOTS TO ACCOMPLISH.'" HE EXPLAINS THAT THE DANGER IN CONSTANTLY HAVING TO PROVE YOURSELF IS THAT IT LEADS TO YOUR PERFORMANCE DEFINING YOUR IDENTITY AND AN UNHEALTHY OBSESSION WITH EVERY MISTAKE YOU MAKE. HE POINTS OUT THAT THIS OFTEN CREATES A PRESSURE THAT LEADS TO POORER PERFORMANCE. ACCOMPLISHMENTS ARE BEST ACHIEVED BY FOCUSING ON THE PROCESS.

YOU ARE ENOUGH

BOTH DR. BROWN AND PAUL STRONGLY EMPHASIZE THAT YOU MUST NEVER FORGET THAT YOU ARE ENOUGH, AND PAUL ENCOURAGES EVERYONE TO ADOPT A REGULAR MANTRA THAT REMINDS US OF THAT FACT.

SELF-REFLECTION

- CREATE A "GRACE" JOURNAL TO REMIND YOURSELF THAT YOU ARE MORE THAN AN ATHLETE, STUDENT, PROFESSIONAL, ETC. WRITE DOWN POSITIVE QUALITIES YOU POSSESS (EG. KINDNESS, COMPASSION, INTEGRITY, ETC.).

OPEN THE JOURNAL EACH DAY AND JOT DOWN NICE THINGS THAT YOU DID: YOU HELPED A FRIEND, SHOWED COMPASSION, SMILED AT A STRANGER, VOLUNTEERED IN THE COMMUNITY - ALL THINGS BIG AND SMALL TO REMIND YOURSELF OF WHY YOU ARE ENOUGH.

TRAINING CAMP 5 / GRATITUDE

W

THE WHOLE GRATITUDE (MINDSET) IS JUST A SHIFT (AWAY) FROM THINKING, 'OH MY GOD, I WANT TO PLAY WELL. I DON'T WANT TO MAKE A MISTAKE.' IT'S JUST A SHIFT, MENTALLY, INTO THE GOODNESS, THE GOOD OF 'WHAT I GET TO DO' AND FOCUSING ON THAT."

W

OUR DEFAULT IS TO THINK ABOUT THE THINGS THAT AREN'T WORKING, THE THINGS THAT AREN'T WHAT WE WANT THEM TO BE, THE PERFORMANCE THAT WE DIDN'T HAVE THAT WE REALLY WANTED. SO IT'S IMPORTANT TO REALLY FOCUS ON THE POSITIVE AND THE THINGS THAT WE'RE GRATEFUL FOR."

THERE IS NO SILVER BULLET THAT GUARANTEES SUCCESS IN YOUR ATHLETIC OR PROFESSIONAL PERFORMANCE, BUT THERE IS ONE SURPRISING AND INCREDIBLY IMPORTANT INGREDIENT THAT MANY PEOPLE DON'T KNOW ABOUT: GRATITUDE. IN THEIR CLASS ON GRATITUDE, DR. MICHAEL BROWN AND FORMER NFL QUARTERBACK PAUL MCDONALD EXPLAIN THE EFFECTIVENESS OF GRATITUDE WHEN IT COMES TO BEING A HIGH PERFORMER.

A STUDENT ATHLETE GRATITUDE STORY

PAUL TELLS THE STORY OF A STUDENT ATHLETE WHO WAS ON HIS SON'S HIGH SCHOOL FOOTBALL TEAM. THE ATHLETE WAS IN A SLUMP AND PAUL OFFERED TO SPEAK WITH HIM. HE LEARNED THAT THE STUDENT HAD RECENTLY GOTTEN A FOOTBALL SCHOLARSHIP COMMITMENT TO PLAY WIDE RECEIVER FOR A D1 COLLEGE AND WAS BEGINNING TO DOUBT HIS ABILITY TO PERFORM AT THAT LEVEL. HE WAS FEELING THE PRESSURE.

PAUL SUGGESTED THAT AT HIS NEXT GAME, HE REFOCUS HIS ATTENTION TOWARD HAVING GRATITUDE FOR BEING ABLE TO PLAY WITH HIS HIGH SCHOOL BUDDIES IN FRONT OF FAMILY AND FRIENDS. IN THE VERY NEXT GAME, THE STUDENT CAUGHT FIVE TOUCHDOWN PASSES AND WAS THE OFFENSIVE PLAYER OF THE WEEK IN HIS COUNTY.

GRATITUDE JOURNAL

PAUL REMINDS US THAT IT CAN BE NATURAL TO THINK ABOUT THE NEGATIVES IN A SITUATION OR TO DWELL ON THINGS WE DIDN'T ACCOMPLISH. THAT IS WHY IT IS IMPORTANT TO PRACTICE FINDING THINGS THAT WE ARE GRATEFUL FOR IN OUR DAILY LIVES. HE RECOMMENDS (AS DO MANY PROFESSIONALS) HAVING A GRATITUDE JOURNAL ON YOUR NIGHTSTAND. AT THE END OF EACH DAY, JOT DOWN ALL THE GOOD THINGS THAT HAPPENED, WHICH YOU ARE GRATEFUL FOR.

BEING UPSET IS OKAY

DR. BROWN POINTS OUT THAT HAVING GRATITUDE DOES NOT MEAN YOU WILL NOT BE UPSET OR SAD AFTER A TOUGH TIME. IT IS NORMAL TO HAVE EMOTIONS, BUT IT IS IMPORTANT TO THEN TAKE A STEP BACK AND THINK ABOUT ALL OF THE THINGS THAT YOU ARE GRATEFUL FOR. THIS ATTITUDE WILL ALLOW YOU TO FOCUS ON THE RESOURCES YOU HAVE AT YOUR DISPOSAL, AND IT WILL REMIND YOU TO ENJOY THE JOURNEY. DR. BROWN ADDS THAT YOU SHOULD ALWAYS REMEMBER TO SMILE AND HAVE FUN BECAUSE FEELING BETTER WHILE PERFORMING WILL HELP YOU PERFORM BETTER!

SELF-REFLECTION

• OPEN YOUR "FAILURE IS ESSENTIAL ESSAY" DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 5: GRATITUDE." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

REFLECT ON SOMETHING THAT SOMEONE HAS DONE FOR YOU THAT HAS MADE YOU HAPPY OR THANKFUL IN A SURPRISING WAY. HOW HAS THIS GRATITUDE AFFECTED OR MOTIVATED YOU?