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To learn about a life-changing summer for the girl in your life, visit
www.GirlsLeadership.org
Today:

What are your beliefs about challenge and failure?
How do you talk to yourself when you fall short?
How can you cope more effectively with adversity in order to maximize bravery?
How does society expect a “Good Girl” to look and act?
Just Be a Good Girl

1. Popular with friends and adults
2. Pretty and dresses well
3. Does well in school
4. Organized
5. Follows the rules
6. Pleaser
7. Has to do everything right
8. Is nice to everyone
9. Well rounded
10. Always busy
**FIXED MINDSET**

- You believe your ability is fixed – either you can do something or you can’t.

- Stop working when things become challenging

- Failure can be catastrophic

- May reject crucial learning opportunities because they need to look smart

- More likely to consider cheating
GROWTH MINDSET

• Intelligence can be improved through practice
• Motivated by growth & improvement
• Maintain confidence & motivation in the face of challenge
• More likely to seek out challenge
The 3 P’s

1. Permanence
    - the cause will persist forever

“I’m never going to be able to balance my life enough to devote real time to making the transition to a full-time job.”
2. **Pervasiveness**
- the cause will persist across all areas of life

“I am never prepared enough for anything. I am doing mediocre work in every part of my life. I’m not a good parent and I’m not a good professional.”
3. Personalization
- blaming yourself by shaming yourself

“This happened because I was too lazy and disorganized.”
Now You Try It

Write down a mistake, failure or falling short moment where that you struggled over.
Steps for Self-Compassion

1. Mindfulness
2. Common humanity
3. Self-Kindness

Source: Dr. Kristine Neff
Mindfulness Examples

This is stress.
Ouch, this is painful.
I am having a tough day.

Source: Dr. Kristine Neff
Common Humanity Examples

Other people have bombed job interviews.

My best friend is really sick.

I am not alone.

Source: Dr. Kristine Neff
Self-Kindness Examples

• *I am going to learn from this experience.*

• *There are other areas of my life where I am more prepared & effective.*

• *Hint: How would you talk to your best friend in this situation?*
OTHER STRATEGIES

- Know the difference between guilt & shame
- Be balanced: Can you hold the positives & the negatives about the situation?
- Stick with the evidence.
Move from Permanence (forever) to Current Circumstances (right now)

**Instead of**, “I’m never going to be able to balance my life enough to devote real time to making the transition to a full-time job.”

**Try**: “Having a toddler is a uniquely challenging time. This is probably not the time for a big professional transition. Your child will get more independent and you will have a little more freedom.”
Move from Pervasive (everywhere) to the Area in Question (right here)

**Instead of**, “I am never prepared enough for anything. I am doing mediocre work in every part of my life. I’m not a good parent and I’m not a good professional.”

**Try**: “I didn’t do enough research into what a higher ed interview might be like. I wasn’t sufficiently prepared.”
Move from Personalizing (Shame) to Being Accountable (Guilt)

**Instead of**, “This happened because I was too lazy and disorganized.”

**Try**: “This happened because I was overextended. I need to be more careful about how I spend my time and not spread myself too thin.”
GOAL: Participate more in class

- Tell a professor about my anxiety
- Take notes on what I might say
- Stay quiet
- Run a mile
- Go to the gym
- Sitting on my butt

GOAL: Run a 5k by December break