

BOUNCING BACK: HANDLING SETBACKS LIKE A COMEDIAN

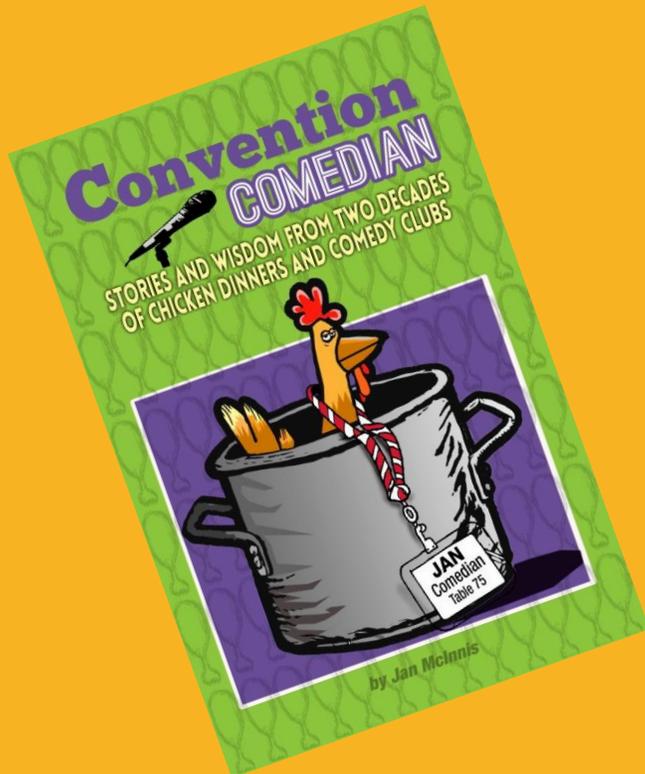
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**“Fear Of Failure Scares More People
Away From Trying Something
Than The Actual Failure Itself!”**

Jan McInnis

Keynote Speaker & Comedian

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What are some of the things
you feel when something doesn't go the
way you had hoped?

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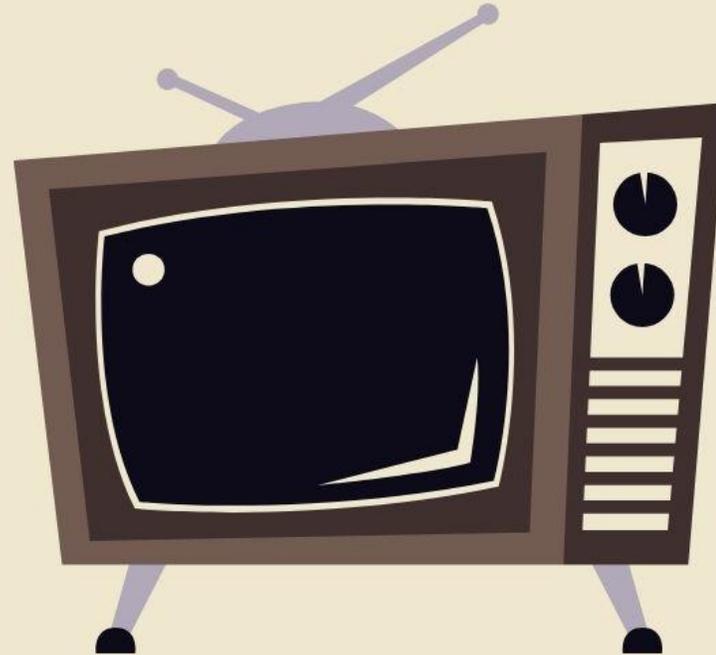


WAS IT REALLY A MISTAKE?



MAKE SURE IT'S REALLY A MISTAKE

Gary Deckman & Dat Phan??



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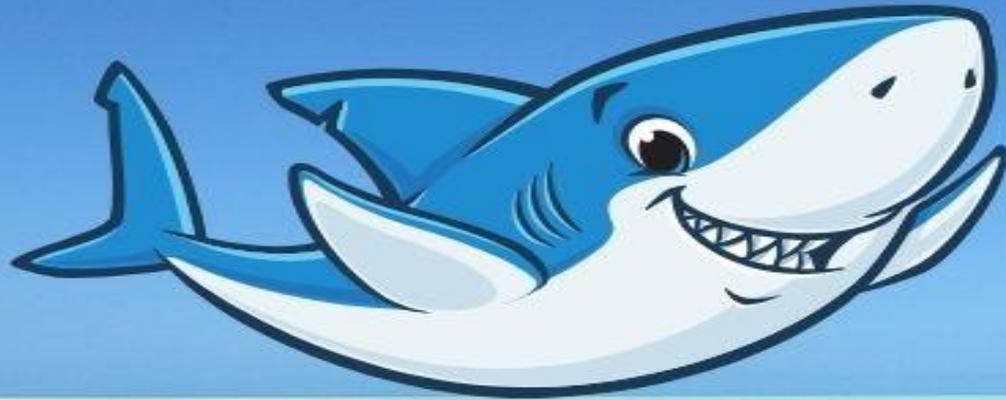
MAKE SURE IT'S REALLY A MISTAKE

- **Dig deeper - Ask Questions:**
 - A. Did it help move you towards your goal? Why did you do it?**
 - B. What does it feel like to YOU? Don't let others determine if you've failed.**

SOMETIMES THE “SNAFU” IS NOT YOUR FAULT

One Nighters
&
Colleges
&
Other Bad Ideas

DID YOU JUMP THE SHARK??



(Sometimes It IS Your Fault!)



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WHAT SHOULD YOU DO TO AVOID MAKING A MISTAKE IN THE FIRST PLACE???

- **Don't Invite Your Relatives To Your Comedy Show**
- **Do Things For The Right Reasons**
- **Help Others Help You be a Success**
- **Commit Yourself To It Fully – Don't Do It Half Way**
- **Find A Failure Gauge or Failure Net – Gin & Tonic?**
- **Communicate Clearly**
- **Don't Move Too Fast**

HOW DO YOU MOVE PAST IT?

QUICK RECAP OF FIRST 3 OF 7 STEPS:

1. Cover It Up – If It Works For Everyone
2. Stay Out of the Bathroom – Watch what Goes into Your Brain
3. Do Some Brain Surgery – Change your mindset
 - **Focus on what went right**
 - **Make sure you FEEL what Went Right**
 - **Do this several times**
 - **Decide that the unknown is good, not bad**
 - **Use Stronger language**
 - **What is this releasing me from?**

REFRAME IT

“A ‘flash memory’ is the first thought you have in response to a particular stimulus in your environment and changing it from negative or neutral to positive can dramatically increase motivation and achievement.”

Michelle Gielan, *Broadcasting Happiness*

“If you keep thinking about yesterday’s failures, you will keep messing up tomorrow’s successes.”

Jan McInnis
Keynote Speaker & Comedian

REFRAME IT

Rewrite Flash Memories – 3 Steps:

1. “Spotlight The Wins” – When Were YOU the Star
2. “Select The Package” – Re-Create the Feeling of Success
3. “Choose The Frequency” – Do this A LOT

Michelle Gielan, *Broadcasting Happiness*

“Think It. Feel It. Believe It.”
– JFK Hospital

OTHER WAYS TO REFRAME IT

- a. **“CONSIDER THE UNKNOWN TO BE FRIENDLY”**
 - b. **Use stronger language & Re-word Your Thoughts From the Negative to Positive**
 - c. **ASK: What Is This Releasing Me From?????**
-

HOW DO YOU MOVE PAST IT? 7 THINGS YOU CAN DO

1. Cover it Up – If It Works For Everyone
2. Stay Out of The Bathroom
3. Do Some Brain Surgery – Change Your Mindset & Reframe It
4. Practice AAA - Acknowledge It. Analyze It. Aid Others.
5. Laugh About it, But Don't Give It Too Much Energy
6. Connect With Your Network
7. Go For “Ground Hog Day” - Plan To Do It Again

“You can’t be that kid standing at the top of the water slide overthinking it. You have to go down the chute.”

Tina Fey

THE SANDY RULES

- **S – Stop Second-Guessing Yourself**
- **A – Always Have Fun**
- **N – Nice...As in Be Nice**
- **D – Define Success on Your Own Terms**
- **Y – Understand the “WHY”**

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**If “plan A” didn’t
work, the alphabet
has 25 more
letters!**

- Anonymous

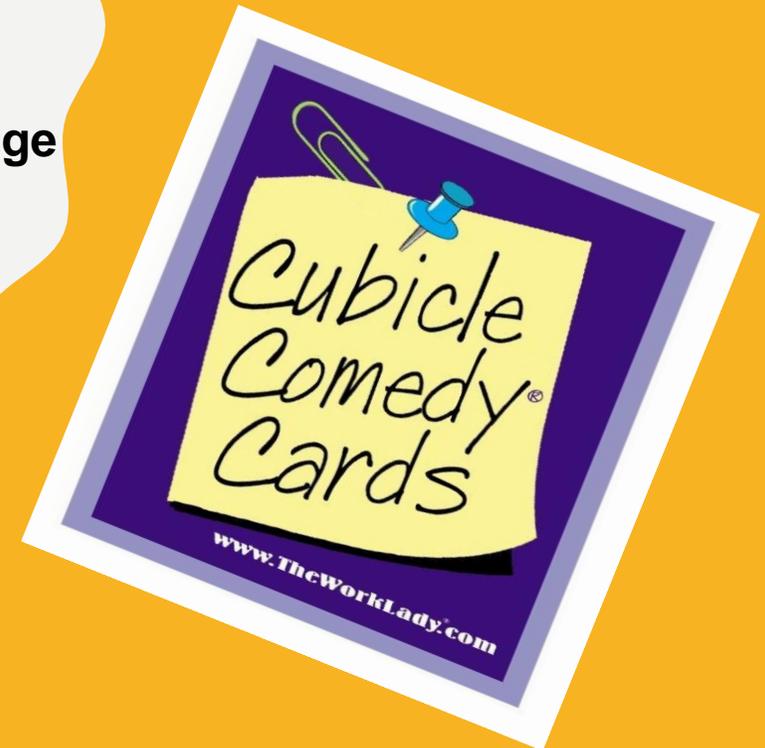
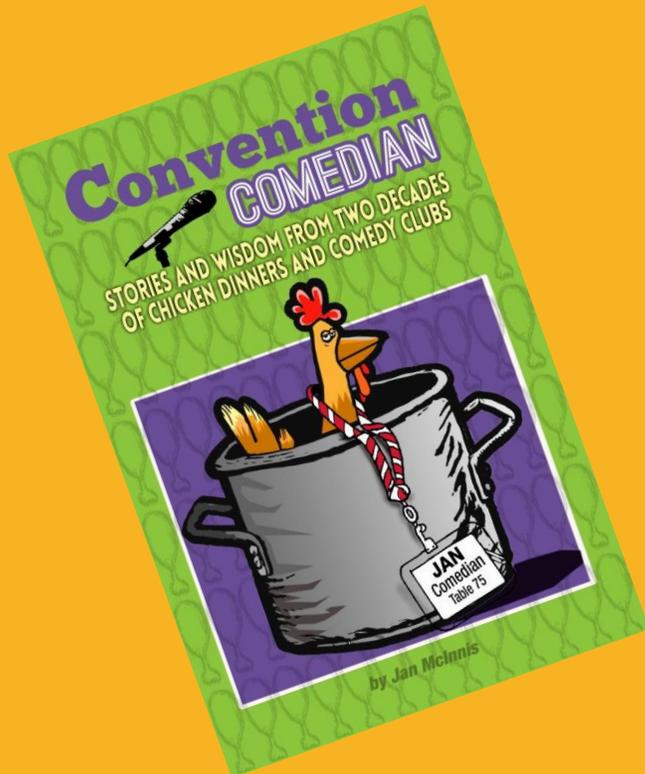
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