

## Session 3: Unlocking your mind



**“Dream big and dare to fail.”**

**What does this mean to you?**

**What are your hopes and dreams for secondary school?**

1. What do you hope you will achieve?
2. What kind of person do you hope you will become?
3. Write down three words that you hope people will say about you.

**Do you recognise any of these fears that some Year 6 pupils have said that they are worried about failing in relation to going to High School?**

I’m worried about not knowing what to do.

I am worried about getting lost.

I am worried about not doing well on tests.

I worry that I won’t make friends.

I’m worried I am going to say or do the wrong thing.

Each one of us will be scared of failure at some point in our lives BUT sometimes fear stops us from doing things.

It can stop you from achieving your goals and dreams.

## **How can you view failure differently?**

- Start to see failure as an incredible learning experience.
- Learn a lesson each time you fail.
- Know that mistakes can help you grow and move forward.



# FAMOUS FAILURE

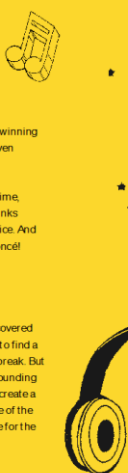
JAY-Z

As in the millions-of-records-sold, multiple-Grammy-award-winning rapper? The multimillionaire businessman? The man who even managed to marry **ACTUAL** Beyoncé? That Jay-Z?

Not only is Jay-Z one of the most successful musicians of all time, he also owns a record label, has numerous clothes lines, a drinks company, a tech company and his own music streaming service. And (I really don't think this can be said enough) he married Beyoncé!

**IN WHAT PARALLEL UNIVERSE COULD HE POSSIBLY BE CONSIDERED TO HAVE FAILED?**

Well. The music business can be tough to crack, as Jay-Z discovered when he first started out. The young hip-hop artist struggled to find a record label that would back him – no one would give him a break. But rather than give up, Jay-Z sold his CDs out of his car, before founding his own record label – and the rest is history. Not only did he create a launch pad for his own music, he also went on to become one of the world's most successful business visionaries, and responsible for the careers of stars including Rihanna. What a comeback!



**“I will not lose, for even in defeat, there’s a valuable lesson learned, so it evens up for me...you learn more in failure than you ever do in success.”**  
*Jay-Z*

# What happens if you panic under pressure?

## Here are some of Matthew's top tips.

### 1. Tell yourself how you feel is NORMAL.

Everyone gets anxious. Try to go for a walk around and shake your arms. This can help to burn off your adrenaline.

**3. Don't overthink.** Try to zone out from where you are and what you are doing and focus on the task itself so that you can be on auto pilot.

### 4. Put things into perspective.

Remember that life will continue, no matter how you do or what the outcome is. It is just a challenge and a learning opportunity. Just do your best.

**6. Keep trying.** Performing under pressure is a skill. The more you do it, the better you will get. Don't let a meltdown put you off or give up.

**2. Focus on your breathing.** Going from being fine to a state of anxiety can trigger you into a panic. Focusing on your breaths in and out can help you feel calm.

**5. Do a ritual** which calms you or focuses you. This could be listening to music, reading a quote, doing some breathing or visualising an outcome.

**Do you think you will be able to use Matthew's ideas to help you?**

### Ways to unlock your mind:

- Change your attitude about failing.
- Remember that we have to make mistakes to learn.
- Understand that some things in life are hard and take work.
- Keep a positive mind, even when you get setbacks.
- Try and try again.

**Look back to your dreams and hopes for secondary school that you wrote down. What will you need to do to make these dreams come true?**