**SHOW NOTES**

**THE MASTER YOUR FEELINGS, MASTER YOUR LIFE PODCAST**

**EPISODE 6 “FAILURE”**

**WITH KARREN GARRITY**

Welcome to another episode of Master Your Feelings, Master Your Life with Karren Garrity.

Karren is a Licensed Professional Counselor and Nationally Certified Counselor in NW, Connecticut. She is also the author of “The Tool Box: Building Better Relationships with Teens” which you can find on [Amazon](http://www.amazon.com/gp/product/0615640427/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) and her website [www.toolboxprogram.net](http://www.toolboxprogram.net).

Karren has many tools and programs available for you on her website and we encourage you to visit and [email us](http://www.toolboxprogram.net/contact.html) if you have any questions regarding this podcast episode or questions about Karren’s programs.

In this episode of MASTER YOUR FEELINGS, MASTER YOUR LIFE Karren addresses “Failure” and how our society has become so focused on success that we’ve lost touch to the fact that there is a steep learning curve to accomplishments.

**FAILURE IS THE ULTIMATE FEEDBACK**

Karren says “to succeed, people have to not only accept failure, but also look at it carefully to figure out what didn’t work, tweak it, and try it again, and again.” There are many great examples of this in our history and Karren highlights the innovators of WD-40 in this episode.

Overall many of the our successes in innovation are stemmed from those who are willing to stick with the problem and learn from each and every attempt they’ve had to take to find a solution.

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This is the sixth episode of MASTER YOUR FEELINGS, MASTER YOUR LIFE and you can access every episode for free on [ITUNES](https://itunes.apple.com/us/podcast/master-your-feelings-podcast/id947505642?mt=2) and Karren’s website [www.toolboxprogram.net](http://www.toolboxprogram.net). If you haven’t read Karren’s book “The Tool Box: Building Better Relationships with Teens” you can find it on [Amazon](http://www.amazon.com/Tool-Box-Building-Better-Relationships/dp/0615640427/ref%3Dsr_1_1?ie=UTF8&qid=1420743544&sr=8-1&keywords=Karren+Garrity) in [paperback](http://www.amazon.com/Tool-Box-Building-Better-Relationships/dp/0615640427/ref%3Dsr_1_1?ie=UTF8&qid=1420743544&sr=8-1&keywords=Karren+Garrity) or [eBook](http://www.amazon.com/Tool-Building-Better-Relationships-Teens-ebook/dp/B00CM08NB4/ref%3Dtmm_kin_swatch_0?_encoding=UTF8&sr=8-1&qid=1420743544).