

Smash It!

PERFORMANCE AND MEANING

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Barbados
National Team
rugby player,
Ted Talk
speaker and
philosopher
explores why we
must fail, as
often and well as
we can.

ISSUE 1 | AUGUST 2020

SMASH-IT-FOUNDATION.SQUARESPACE.COM



“I’m going to do this over and over again until I get it.”

Marlo Clarke

“You have failed every single day of your life, and because of that you have done amazing things.”

I am an International Speaker, Social Justice Researcher and Barbados National Team Rugby Player. I've had lots of failure and honest evaluation along the way.

I am Marlo Clarke, Intentional Risk Taker.

I am a man that really has no idea what he's doing most of the time. So much so, that I have been tasked by Jim Estes to write you an article on the path to excellence being found through failing mindfully.

How do you tell highly successful people that the only way to excellence is to do things really really badly, a lot? How do you explain that every accomplishment they have had, or even will have, is simply a summation of activities they choose to fail at?

And how do you let others know that to be the best rugby player, student, professional, parent, and overall ace human being takes the willingness to fail so incredibly that you sit for a few hours in a fog wondering “what the absolute f*** have I done and how do I fix this?”

Let's try.

Think back to any worthy endeavor you have conquered.

Remember the elation you felt when you finally got it right and the validation from your family and friends.

Now think back to when you first started.

Your first day of class, the first rugby practice, the first time you walked into your new job.



Think of the blank stare on your face when you had no idea what the others were talking about.

But you tried, and you did it really, really badly, a lot. However, you also cared about achieving your goal. You found the passion to ask questions and to fail mindfully enough times that you started to grasp the concepts.

This is failure, but doesn't have to be assigned a negative value because your failures are information and you can persevere with this information in mind.

You put your head down and told yourself "I'm going to do this over and over again until I get it."

You've failed every single day of your life, and because of that you have done amazing things. Without constant failure you will be stagnant, and your worthy goals will elude you.

"So keep going, you big, beautiful failure."

If you want to see the entire process of failure and feedback evaluation, you can watch my TEDx Talk by searching Marlo Clarke "What now? What Next?" <https://marloclarke.com/>





MARLO'S THREE TIPS FOR THE ASPIRING FAILURE

I FAILED. SHOULD I QUIT?

We all know the answer is no. You just got negative feedback, but it is valuable information. My talks are based on the importance of intentional decision-making and the cycle of success through failure. In today's world, we face a plethora of choices and sometimes get stuck in the stages of inaction, or reaction as we envision our purpose.

Through these experiences, I've learned that sometimes it's better to make a well thought-out intentional step, that may well turn out to be the wrong action, as opposed to reaction or inaction.

WHAT WAS THE INFORMATION IN MY FAILURE?

Yes, you failed. Now, through vulnerability, honest thought, and the adequate investment of time and energy you can accept the negative feedback and process it appropriately. Next, you'll grow and create another more well-informed intentional action.

HOW DO I RESPOND?

Take a mindful look at the pain of your failure. Process it. You'll use your new information to wisely invest your resources of time, energy and money most efficiently towards your purpose. I look forward to the opportunity to share my theories and ideas with you. Next time we'll explore intentional decision making, and how to evaluate intentional action when it is followed with negative feedback after we have given our full effort and passion to the action and failed once more.

We'll work through the equations:

Passion + Intention = Purpose

Passion + Disappointment = Pain