

*The Bible Quizzing Journey*

PULLING OFF  
**A KILLER  
COMEBACK**

AN 11-PAGED  
INTERACTIVE GUIDE  
TO BOUNCING  
BACK FROM ANY  
SETBACK



# YOU'VE HAD A SETBACK.

That's okay, everyone experiences a setback every once in a while.

I heard someone say once, that "failure is the seasoning that gives success its flavor". Without failing, there's no real success.

In this workbook I'm going to show you how you can cause a *major transformation* in your less-than-ideal circumstances.

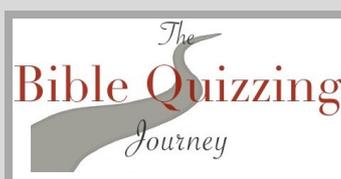
**We are going to turn your setback into a SETUP FOR SUCCESS.**

How will we achieve this? Here are the sections we're going to cover...

- **Evaluating Your Values**
- **Accepting The Setback**
- **Finding Your Passion**
- **Creating Your Aspirations**
- **Goal Execution**
- **Keep Yourself Motivated**

But remember... **what you put into this course, is what you'll get out of it.** Apply yourself (think about, and answer the questions in each section, etc.), and soon you'll find that you're bouncing back from your setback - *and reaching higher than ever before!*

So let's dive in!



# SECTION 1 - EVALUATING YOUR VALUES

I know what you're thinking...

"Why do I need to 'evaluate my values'? What does that have to do with bouncing back from my setback?"

Well I'm gonna tell you how I was able to bounce back from my own setback (TRUE STORY!).

I was at the SNU regional tournament my third year, trying to get on a regional team, when it happened.

I got 2nd place in the round robin, but only because I had scored on easy jumps. In the quiz off, though, you'll never get off the seat if you do that.

When I figured that out, I started jumping faster - and that's when I realized that I hadn't prepared nearly enough.

It was a mess of errors. The 6-round quiz off was split into two days - three on the first day, three on the second.

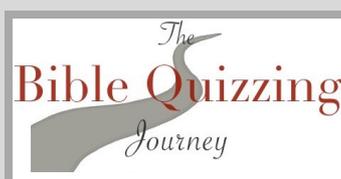
By the end of the first day, I was pretty deep in negative points, and hadn't gotten *one question right*.

That's when one of my good friends' moms pulled me aside and talked with me about it. She asked me why I was quizzing - if I was doing it for me, or for God.

*It was for me.*

I realized that I wasn't just frustrated with my failures, but embarrassed that all of my friends were seeing it.

That talk (mostly) reset me for the next day of quizzing.



# SECTION 1 - EVALUATING YOUR VALUES

At this point, I was in DEAD LAST place, and I had no idea how I would make a team - but I decided to try my best.

The second day, I got some positive points for the first time in the quiz off. That was enough to turn my mood around.

I didn't end up making a team that day, but the following season was *the best I'd ever had!*

After that failure, I was more pumped than I've ever been, to pull off a KILLER COMEBACK.

And I did. *And so can you!*

The point of this story, is that quizzing becomes **10x easier** when you simply adjust your values correctly.

**The foundation of a true killer comeback is a reset in the mind; making the conscious change from over-valuing what other people think of you, to remembering the real purpose of the sport.**

## Think....

- What do you *think of the most* when you do well, or badly?
- What *rewards* do you envision yourself achieving, besides trophies?
- How can you adjust these, to *healthily realign your values*?

## SECTION 2 - ACCEPTING THE SETBACK

Accepting the setback is the **FIRST STEP** in moving on from it.

**(Being fully honest with yourself in this section is key.)**

It's hard to accept it - it's hard to accept that you **DIDN'T** do as well as you wanted, or even as well as you **SHOULD** have done - but once we do, we can **focus our energy on the future**.

Accepting the setback is part of "forgetting what is behind" (like Paul talks about in Philippians 3), so that we can "strain towards what is ahead".

This process isn't as hard as it seems. It's actually pretty easy! There's only 2 steps:

**One:**

*Remember that you are not defined by your performance. You have unique skills, talents, and gifts, and even though you may feel like you failed, you're more than that because our Father says you are.*

**Two:**

*Keep in mind that the best is yet to come. You are not only going to bounce back, but do better.*

You haven't yet reached your full potential - in quizzing, or anything else, for that matter. There is always room for improvement, and you are going to reach a *higher level than you ever thought was possible*.

**Feel free to spend some time on these, and then flip the page.**

# SECTION 3 - FINDING YOUR PASSION

Once you've worked through these two steps, you can finally focus on looking forward.

Motivations and passions change, and that's okay - *normal*, even. I just didn't realize that until a few months ago.

I wasn't enjoying practices/quizzes as I had in the past. I thought that was because I wasn't with my friends from my old district anymore.

But that wasn't the only thing.

Mainly in my first and second years in quizzing, I was using the sport to fill an insecurity of not feeling smart.

There were reasons that I had this insecurity, but it left. When it did, I unknowingly lost what had been pushing me to perform well in quizzing.

I had to find new passion.

Try and think of what the "small" motivations for you, are...

- **When you're in the middle of tough rounds**
- **When you're tired at the end of a quiz day**
- **When you're studying in the hotel at 1:00AM the night before the tournament.**

What PULLS you to "insane" things that "normal" people don't do? What's the reason other people don't have to PUSH you?

# SECTION 3 - FINDING YOUR PASSION

Jot down a couple of these things, and try to be completely honest and really think back. Then, look over you list and review everything that you wrote down.

Is there any similar in your list?

Chances are, as you go over them again, you'll be able to organize them into 2-3 categories.

Once you've done that, identify what the biggest one is, and then try to apply that to life. For example, if one of the biggest things is, "I want to do better than I did at the last quiz" then you could scale it into "self-improvement".

Take a minute to fill out the following chart, to find/rediscover your passion:

**"Small" Motivations:**

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<input type="text"/>	<input type="text"/>

**My Biggest One:**

**Applied to Life/Scaled, this is...**

## SECTION 4 - CREATING YOUR ASPIRATIONS

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When you've successfully found your passion again, or found a new one, you need to use it (by running *towards* something).

This means creating something (or several "somethings") that you are working to reach.

Unfortunately, we can't just say, "I want to be one of the BEST quizzers there is!". We have to make specific goals that will take us there.

**What is a vague, over-all status that you would like to attain?**

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Now take that, and try to figure out what smaller things you will need to achieve, in order to reach it (the BIG one).

For example, if I say that, "I want to place super high at the national tournament", then I would have to start placing well at district quizzes, and eventually make a regional team.

Once you have these crazy high aspirations, you can begin to figure out what work you will need to put in, so that you can actually achieve them.

**For more information about this topic, you can check out my other resources, "Creating Your Vision" and "Planning Your Success"**

# SECTION 5 - GOAL EXECUTION

Of course, you have to actually put in the work if you want to achieve some crazy-awesome things.

And that applies to all of life. It's even Biblical!

Ephesians 2:10 says that we are "created in Christ Jesus unto good works, which God has prepared beforehand that we should walk in them".

Even in the Garden of Eden, Adam and Eve had the job of taking care of the Garden, and there are so many promises about God blessing the "work of our hands".

Hard work is a God-given action!

I talk more about this implementation in my blog post "Takeoff: Build Your Tool Belt" (dated August 21st, 2017) so you may want to check that out.

But for now, here's what you need to know...

- **Keep your goals in front of you to stay inspired and motivated**
- **Focus on one thing & use the KISS principle: "Keep It Stupid Simple"**
- **Take small & steady steps to be consistently affective**

# SECTION 6 - KEEP YOURSELF MOTIVATED

I know, you're feeling like you can conquer the world right now, right?! "Yeah! Lets do this!!!"

Haha, maybe not. But either way, if you want to keep up with the hard work that we discussed on the last page, being self-motivated is **IMPERATIVE**.

Here are the **TOP 3 THINGS** that motivate me to do my best:

- **I want to be better than I was yesterday**
- **I want to be a good example/role model**
- **I want to keep it fun for myself**

But you might not really identify with any of those, so here are 3 other ways that you can do it too:

- **Focus on yourself (don't compare yourself to other people)**
- **Find rivals and role models for yourself**
- **Have high, and inspirational goals that will pull you to work your tail off to achieve them**

**Psst:**

I pulled these two lists from two of my best blog posts about motivation - "3 Keys To Unlocking Motivation" (dated April 6th, 2017) & "4 Ways To Skyrocket Your Quizzing Experience" (dated March 20th, 2017).

# CONCLUSION

That's it for this workbook - I hope that it helped you to begin the process of bouncing back from whatever setback you may have had!

If it did, would you let me know? You'll get my eternal appreciation!

Simply hop over to my Instagram page and DM (Direct Message) me, "*I loved the 'Pulling off a Killer Comeback' workbook!*" and you'll get...

- **Qualification to be on our "Testimonials" page**
- **An opportunity to be added to our "Possible Guest Authors" list, and...**
- **Personal shoutout on the next post (on the main TBQJ page)!**

I sincerely wish you *all the best* in your future Quizzing Journey, and I look forward to seeing you again soon!

Until then...

Keep calm and quiz on (and out)!  
Your fellow quizzer,

Mallory (Instagram: @TheBibleQuizzingJourney)