Failure Leads to Success

When we hear the word "failure" we have all sorts of associations with the word, and most of them are negative. Why is that? Perhaps it’s because whenever an outcome does not match our positive expectation, we label it a failure. And it happens all the time. We want an "A", but we get a "D" . . . we want to win but we come in second . . . we want a "yes" but we get a "no"—we label them all FAILURE!

What if whenever we heard or thought of the word "failure" we substituted the word "feedback"? Feedback = evaluative or corrective information about an action, event, or process. It’s when we learn to take that information, learn whatever we can from it, and try again, that we achieve success.

It’s easier to keep on moving forward toward our goals if we do not see failure as something negative, but rather as positive feedback. Our success does not depend on whether or not we have failures along the way—for we will always have failures—it’s how we respond to our failures that leads to our success.

1. What is something I have failed at in the past?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

2. Did I try again?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

3. What did I learn from my failure that will bring me closer to success? What valuable feedback did it give me?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

4. Knowing that failure is not something to fear, what is something I would like to learn how to do?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________