



Why Failing is OK

Have you failed at something lately? If you have, well done! That means you are trying to achieve something – be it a goal, something new or pushing your boundaries. These, despite how disheartening failing can feel, are good qualities to have.

There isn't anyone on this planet who can truthfully say they haven't failed at something at some point in their life. Failing is a natural part of the growing, maturing and development process of humans. We fail because we are *growing*, we are *exploring*, and we want *solutions to life's problems*. We were meant to be curious, and curiosity will eventually lead us to success, but failure is a part of it all.

Whenever we fail, we are tempted to fall apart, get down on ourselves and feel like our lives are over. We question our intelligence and reason for doing what we did in the first place. And usually we return to where we started and say "I'm actually ok staying here" – when we are not.

"Failure is an event, not a person." – Zig Ziglar

Since we all make mistakes, you must remember that the mistake is never the issue it's the way you choose to deal with your emotions when you do. You will feel bad when you fail, and that is normal, but *giving up on your dreams is never the right thing to do*.

Here are some things you need to remember about failure:

1. If you are not making mistakes, you aren't trying

To improve and succeed at anything, you must be willing to take the risk and *taking risk means you might fail*. It is only natural for you to feel bad when you do, but you must remember, that is a sign you are trying to find *solutions to life's problems* – which is honorable. Don't dwell on the mistakes. Use them as a *learning tool*. If you learn lessons from your mistakes, you won't make them again, and you will become stronger, wiser and more experienced. This gives you a better shot at success the next time you try.

2. Everybody makes mistakes

As human beings, we are *all* bound to mess up. *There are no road maps for dealing with life, only experiences*. We live our lives by trial and error, so we will make mistakes. Even if someone else has done the job before, to take it to another level you run the risk of making a mistake. Do not be *deterred* by that but view it as an indication you are on to something. Look at what you have done and work harder, *but do not give up*. You will eventually *succeed* if you do not quit. When you realize that people around you are failing too – it's really not that bad.

"Success is stumbling from failure to failure, with no loss of enthusiasm." – Winston Churchill





3. Your failure means you are courageous

It takes *courage* to try something you have no idea will work or not. You are investing your time, energy and money into something which may or may not work. This is a brave thing. Even though you might have failed, the fact that *you gave it everything you've got says a lot about who you are as a person – it is a very good quality to possess.* Being courageous doesn't mean you won't be *afraid*, it only means even though you are scared, you are courageous enough to make an *attempt* and see what happens.

4. Your failures make you stronger

After you have failed a few times, you become so much more *resilient*. When you have failed it is normal to be discouraged, frustrated and even angry but if you choose to get over your disappointment and anger, you will realize how much *stronger* you are. You will also be more *determined to succeed* and to prove to yourself and others that you can indeed succeed. With every failure, you grow a thicker skin and more experience. The person who fails the most, knows the most.

“Failure is success in progress” – Einstein

5. Your failures help you to grow

When you have failed and have gotten over your *disappointment*, you are much more likely to dig deeper for *strength you didn't even know you had*. You will realize what you are truly made of and how resilient you are. To become stronger and to grow you must be stretched, and failure will help you to find within you the strength to continue. Failure helps you move away from what is comfortable.

People who are open, will understand that their failure offers several other *opportunities* for them. You must be willing to *see the opportunities and go after them*. Failure is just one door closing with many more opening because of it. Failure is never the end of your dream but the *beginning* of something bigger and better.

6. Your failures provide an opportunity for you to learn new things

Look at some of the most important people in history and see how they view failure. Thomas Edison said he *didn't fail he, was learning several other ways to solve the same problem*. This is the *mentality* you should develop. Failure is not the end but an opportunity to learn something new and to try another method to solve the problem. Use your failures as opportunities for further growth.

“I never fail. I either succeed or I learn something.” – Nelson Mandela

So just remember that you are not failing, you are trying. And if you keep trying, you can't fail!

