Embrace Failure

I’m going to go out on a limb here and guess that on your list of fears “failure” is one fear that comes up. And sadly it is probably holding you back. It keeps so many women playing small but that is because we view it all wrong!

We view failure or making mistakes in such a negative way that we are afraid of even putting a toe in the water. But failures and mistakes are lessons. Powerful lessons. Failing to try will be your biggest mistake and that one you don’t want to make! Failing at something does not define you as a person. Because you may have failed at something does not label you as “a failure”. Let’s start with our past.

History

I remember feeling like I failed at ______________________________________________________

____________________________________________________________________________________

After failing I felt____________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Growing up I was raised to view failing as:________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

My family and friends view failing as _____________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

I’ve been wanting to do  _____________________________________________________________

but I’ve been too afraid that I might fail.
Reframing

When I really think about it… interestingly, the positive things that came out of this past experience of failure were


Had I not failed my life would be different (how)


In fact I learned the valuable lesson of


What is one thing this week that I can do (and commit to) that I might fail at?


“In every failure lies the seeds of success.” – Deepak Chopra