

HOW DO YOU REACT TO FAILURE?

Failing one time — or even several times — doesn't make you a failure any more than losing one game makes you a loser. Failing can be a blessing or a curse. It can be a great teacher, make you stronger, and keep you grounded, or it can be the cause of your demise. The difference between a stepping-stone and a stumbling block is the way in which you approach it. How do you react to failure?

Be realistic.

If you demand perfection of yourself, you're setting yourself up for disappointment.

Don't take failure personally.

Making a mistake doesn't make you a failure. It's simply a reminder that you're human.

Accept responsibility.

Nothing positive is ever gained by scapegoating. Be courageous and accept responsibility for your failure.

Be nice to yourself.

Don't tear yourself down for failing. You don't speak to others that way, so give yourself a break.

Get back on the horse.

Don't wallow in self-pity. Obsessing over failure won't make it better. You cannot change the past, but you can affect the future.

Grow from your mistakes.

Take the time to reflect on your experience, learn from your mistakes, and adapt accordingly.

Don't quit.

Most people fail before achieving success; the difference is that successful people never stop trying. As Douglas MacArthur said, "Age wrinkles the body. Quitting wrinkles the soul."

