

EXERCISES FOR USING FAILURE TO FUEL SUCCESS

Choose one or more of the following exercises to change the way you think about failure.

1. Exercise 1: What is your biggest failure?

In one paragraph, write the story of your failure.

Is there another way to write the story? Rewrite the story of your failure, reaching a different conclusion.

For example, if your story is that you invested and lost your life savings in an MLM because you're not good at sales and it was the worst thing that ever happened, can you retell it and make it the best thing that ever happened? Remember, your failure is only a thought. What is an alternative thought that can propel you forward?

Can you retell all your failures into a story of success?

2. Exercise 2: Keep a Record

For the next month, keep a file of your failures. Try to accrue as many as possible by attempting things that are hard or out of your comfort zone. (Do not accrue any through lack of effort or not showing up.)

Do this challenge with a friend or colleague. See who can achieve the most failures by the end of the month.

3. Exercise 3: Dream Big

Write down the one thing you would do if you knew you could not fail?

Assume that you only fail if you quit. Everything else is simply the path to your goal.

Every week this month, take one action towards that goal.

