

Pondering Point

To err is human. The problem isn't that we sometimes fail, the issue is do we learn from our mistakes. **Failure doesn't feel good because we'd love to achieve things the right way the first time.** Though it's ok to be upset, are we spending too much time beating ourselves up? Is our inner dialogue stifling our attempts at growth? Sometimes it's best to learn how NOT to do things and see the consequences. We learn by taking risks. A fear of failure paralyzes us from taking risks and prevents us from being challenged to learn new lessons. If we can encourage room for mistakes and risk-taking then we encourage room for growth.

Ethically we are taught that if we are to do anything, we are to do it "right" – whatever that means. That may force us to seek perfectionism and make us less likely to accept failure. Is this healthy? How do we know what "right" is? Who decides what failure and success is? What might be something to one may be something different to others. How many times do we fail before we decide to throw in the towel? At the end of the day, it is our choice whether or not to move forward. When this happens, what lessons are we taking from the experiences and how can we celebrate them?

On your mark... get set... FAIL?

What's so bad about that?

*Celebrate the opportunity to find success
in your missteps.*



Imagine... allowing the mistakes we make to energize, challenge and motivate us.

— From Pondering to Practice —

Activity:

Try This – Jenga!

Get together with several people and play the classic block stacking game Jenga. Watch how each person works toward the goal of building the tower without knocking it over. Watch as some fail and send the tower crashing to the table. When this happens – rebuild! This is an opportunity to rebuild the tower and the ego of the person who knocked it over.

This is a physical representation of how random failures can be and how quickly they can come to us. We can also see how easy it can be to rebuild and try again.

- How did you notice people dealing with failure – their own or the failures of others?

Reflection:

- Is there a difference in the people that take risks and make mistakes and those that don't?
- When you feel you have fallen short of your goals, are you able to pick yourself up and move forward?
- Who can you turn to for help in bringing you back?
- Who can give you advice and set your attitudes back to the positive?
- Are you speaking up about what you need from others to get back on track?
- How does it look to others when you fail? How do you react?
- How do you accept other people's failures?

***"Anyone who doesn't make mistakes
isn't trying hard enough."***

-Wess Roberts

For more great **Quick Tips & Tools** on accepting failure as a learning tool, visit our website at www.charmmdfoundation.org!