

Five Ways To Recover and Bounce Back From Failure

Failure is inevitable, yet never pleasant. However, we often forget that it's impossible to grow and learn without failure and setbacks. When you are driven by the fear of disappointment, you may inadvertently play it safe and step back from your more ambitious goals. That is why we must break free from this fear and realize that the true culprit in preventing us from achieving our goals is the fear of failure, not failure itself.

Annemarie shares five steps you can take to rise from any failure. She shares how we can change our mindset about failures and move forward. This activity will help you reflect and retrospect your past failures and disappointments. By doing so, you will be empowered to bounce back from them and become even stronger.

QUOTE TO REMEMBER:

“Not failure, just feedback. This moment in time is giving you feedback, and how you approach it and move forward from it is going to determine where you go next.”

Activity: Turning Failures Into Opportunity

What new insight about failures and goal trauma did you gain from listening to the podcast episode?

Reflect on past disappointments and failures. How did these circumstances affect your outlook? You can think in the following terms:

- Values and beliefs: Did your priorities change? Did you fundamentally change your ambitions and goals?
- Goal setting: Did you start setting smaller goals or stop setting them entirely?
- Defense mechanism: How do you now respond to similar situations similar to these past experiences?

In relation to what you learned about goal trauma and its impact on your outlook, what do you think needs to change?

Every disappointment and failure can become an opportunity for success. Recall a specific goal that you were not able to achieve.

We'll start by breaking the goal into specific stages or components. Then, write down the specific steps taken to solve that goal. What went well with each of these steps? Write down how they can be improved.

Stages / Components	Specific Steps	What went well? What can be improved?

Were your resources enough? What do you think could have helped during the project? Remember that resources include tools, time, finances, and manpower.

How did you show up during the project? What are you most proud of?



Based on your reflection, what practice do you want to continue to move forward with your future goals and projects? Conversely, what practices should be avoided?

Don't lose momentum! No matter the result, lessons are learned in every project, which contributes to your growth as a person. Annemarie shared how you can strengthen your new connections or even get direct feedback on improving the project.

How can you build momentum from your experience?

What You Will Learn from the Activity

Most of the time, we fail to realize the significance of failure in our lives. Sometimes, we even convince ourselves that we've changed for the better, even if we just developed a fear of failure. Acknowledging this is the first step to bounce back from failures and disappointments. Remember that while these experiences may be painful, they're normal.

Achieving the results we want relies on so many factors, some of which are outside of our control. However, you can control how you react and respond to things. You have the power to change and grow from your mistakes.

Every failure is a chance of growth. So as you reflect on what went right or wrong, learn to look with an objective eye. Only then can you identify the lessons you can apply for future endeavors.

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It's not just about the technicalities; it's also about you as a person and leader. By reflecting on how you showed up to the project, you'll be able to see positive and negative behavioral patterns. Be more conscious about your strengths and weaknesses.

There's always a way to move forward. People often try to forget about their failures and disappointments completely, but you can use your experiences to your advantage instead. Remember that ultimately, failure is just feedback to lead you to greatness.