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Failure – Your launching Pad

If you take a close look at anyone winning their game in life, you will realise that they have all had failures in their life.

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1384 words | 5 pages

Let's look at this much dreaded word. Is it really that bad?

Having trained tens of thousands of people (mainly Gen X and Gen Y) around the globe, the answer usually varies depending on who you talk to, their upbringing and their culture. This usually determines their views on failure. Over all though, failure is seen by many in a negative context.

Not many people like the idea of thinking of themselves as failures or having had to experience failure in an aspect on their life. But, I have to bring to your attention one of the very few guarantees we will all have in life.

> ***As sure as the sun rising from the east and setting in the west, we all <u>will</u> experience many failures through out our lives.***

When talking about failures here, we are talking about failure on any level. It can be anything from love, financial situation, friendships, academic or even your very own direct selling home business to name a few.

With that in mind, you can choose to dwell on why things haven't gone according to plan, be overwhelmed, develop anxiety and live with immense stress. You can let your days, weeks, months and years slip by this way, or you can decide to take control of your life and learn how to use a failure you experienced as a launching pad to move ahead in life.

If you take a close look at anyone winning their game in life, you will realise that they have all had failures in their life. In fact, they experience more failures than the majority of people.

> ***So with that in mind, all you have to do is simply have a better understanding of failure.***

Here are is a COUNTDOWN for those of you who have made a serious decision to use failure as a launching pad for your success.

10. Failure is simply an expensive lesson

We have all paid to take different lessons in life like driving, music, swimming etc. Look at your mistakes and failures in this light. Look at them as a lesson you have taken, a real life seminar, workshop and experience. You are coming out of it a smarter and more capable person. Accept the price you paid for your lesson. The price can be emotional, it could be monetary, it could time spent. Look at your position as a lesson, no matter how big or small. It is a price you pay to operate smarter from now on.

9. Failure is ok- it takes courage to make mistakes

> ***Understand that failure is ok. If you have failed, the chances are that you have been making a move forward.***

Those who live a dismal life with no risk of failing are not even living their lives, they merely exist. The regret one would have for not giving something a go in life far outweighs the pain of doing and failing. Be proud that you have the courage to take a chance in life and failed. It's ok. You are still here to face another day.

8. Focus on the pleasure

Human nature has it that we would do something to either avoid pain or to gain pleasure. Instead of focussing on failure, focus on how you can

launch yourself towards succeeding. Think of what your next attempt will bring for you? What will it do for you? What will it mean to you? Have something inspiring that will keep you driven to focus on your next success rather than dwell on your failure.

7. Failure is always the meaning you choose to give it.

> ***Our lives are full of events. Any two individuals will have different takes on any certain event.***

One will see an event as a lesson on how to operate smarter. The other will take failure personally and think that they are incapable of ever achieving a task. The first individual will try again, knowing that they simply need to change the method to get it right. The second one will give up and complain. Which of the two would you rather be? Here's a hint, life works in favour of the first individual.

6. Attitude- There is no true failure

There are only mini failures in your life. Why? Because failures are only stumbling blocks that you can and must get over.

Failure in reality shouldn't exist in your mind, for the only time you truly fail is when you give up. If you accept failure with a positive mental attitude, you are destined to propel forward. Your attitude towards failure will determine your altitude in life.

5. Drop the baggage

To move lighter through your day and your future, you need to leave your excess baggage of failure behind. How can you check in on your plane to take off, if you are 50 lbs above your baggage weight limit? Enjoy a light travel in life, literally. Nothing is worth it if you don't enjoy it.

4. You are NOT who you were yesterday

The person you are today as a result of your experience is not the same person you used to be.

Most people trap themselves in the thinking that because they have failed, they are bound to do it again. That does not hold true if you learned from your mistakes and are choosing to operate smarter.

You are stronger than yesterday. You have done it once before. This is your second run at it. You can make it better with a stronger you. Fight with a bigger hunger.

3. You have discovered something

Thomas Edison was asked why he didn't give up after failing nearly over 10,000 times before inventing the light bulb. His remark was something to this effect, 'I haven't failed 10,000 times. I have discovered 10,000 ways of how *not* to do it'. So if you have failed in any aspect, look at the bright side, you can make a claim of having discovered a way of how not to do something. How can you appreciate light, if you haven't experienced darkness? It is by having these failures, that you can measure success when you achieve it.

2. Ask yourself the right questions

Most people make the mistake of asking themselves questions that are disempowering. They ask questions like, 'why did this happen to me? Why did it happen now?' None of these questions or variations of will help you move forward.

Instead practice asking yourself questions that will get your mind thinking of how you can stand to benefit, stand strong and even launch yourself into success.

Some of the questions could be, ‘What can I learn from this? How can I operate smarter now as a result of this event? What matter’s the most to me?’

1. This too shall pass

Failure is never permanent unless you choose for it to be. Think of your last day in this world when you will look back and reflect on your life. If you ask yourself, ‘Did this event really matter in the longer context of my life?’ You will find that it won’t.’

Relax. Fasten your belts, and enjoy the TAKE OFF.

> ***By having A Winning Mind and comprehending how to use your mini-failures to your favour, you will experience a take off in your results.***

Do the above and you will be well on your way to achieving more in your life

Here is to you, winning your game in life.

Kevin Abdulrahman is The Man Inspiring Millions. He is an International Author of THE BOOK on Winning The Game Of Life, a Keynote Speaker, Mind Nutrition Expert, World Class Mind Coach to the Elite and an In-Demand Trainer. Kevin’s articles are regularly published in magazines, reports, newsletters and newspapers, constantly being used as resources all over the world. Kevin helps winning organizations, universities, sports teams and individuals create breakthrough results.

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