



8.1 REDEFINE FAILURE

*YOU ONLY FAIL WHEN YOU QUIT ON YOURSELF
EITHER YOU WIN OR YOU LEARN*

The belief you've gained in yourself so far in this program will be useful when attempting to overcome the failures you'll inevitably experience over your lifetime. This section deals directly with overcoming failure.

The word failure is often used to describe a situation in which your desired goals were not realized at a specific point in time. **There are many reasons that could have played a part in your goal not being realized and absolutely none of them have to do with your value as a person.**

Let's break down some of the ideas behind unhealthy views of failure and see how taking a more positive approach can help you realize success:

- If you are trying out for the high school basketball team and you don't make the cut, this doesn't make you a failure. It simply means that under these specific circumstances, the coach didn't believe that you possessed the necessary skills to play on this particular team *at this point in time*.
- Much of the pain that stems from not reaching a desired goal is your attachment to the outcomes. If you define your own value and worth as a person by whether or not you make a sports team (or similar one sided goal), you're setting yourself up for that ugly seven-letter word.
- **It is for this same reason that those who value trying their best regardless of the outcome have a more confident and unwavering view of themselves.**
- You too can have this view when you realize that you're not responsible for certain outcomes after you do everything in your power to achieve them.



- **If you're not currently doing everything in your power to achieve an outcome, then start doing it today!** If you already are, then sit back and relax, taking solace in the understanding that you're doing everything you can and cannot ask more of yourself.

It may be worthwhile to step back and assess whether or not this is a matter of a deficit in a particular skill set or something in which allowing yourself more time to reach the original goal is all that is needed.

These are the questions that successful people ask themselves when encountering roadblocks to the outcomes that they want to achieve.

As soon as you begin attaching your self worth to these outcomes, you'll likely be overcome with emotion and less capable of using sound logic to increase your chances of success later down the road. **In order to overcome failure, you must experience a dramatic shift in your outlook on the meaning of failure and success.**

I NEVER FAIL.
I EITHER WIN OR I LEARN.

Danny McCall

No matter how much you want to be a Hollywood movie star, if the steps that you are capable of taking to bring yourself closer to that goal are limited at this point in time, you'll be subjecting yourself to a constant state of stress by continually expecting yourself to achieve greater results.

MOD 1: BECOMING A WARRIOR



The journey along the path of working towards a goal is where you will find real joy. Then end result of reaching the goal is inconsequential if you are focused on the steps to get there. How many times do you have a positive memory of something that is related to the work you were doing to achieve something? *For example: A college diploma is meaningless without the years of study and testing behind it.*

Patience will be your friend in changing your thinking about these fundamental concepts and it is also a virtue that nearly all successful individuals possess in ample amounts.

Remember: Never give up. Keep trying. Do the best you can and focus on the process instead of the outcome. The final result will be success!

In the next module, you'll learn about the importance of motivation in overcoming obstacles to reach your goals. You'll discover how to get motivated and maintain your motivation for the long haul.

JOURNAL ASSIGNMENT:

1. How has your view of failure impacted your thoughts and actions in the past?
2. Imagine what your life would look like if you were free of the fear of failure.