October 12, 2016

**Failures and Defeats**

**Introduction**

* Given the definitions of the terms, differentiate between and list important defeats and failures.
* Reflect on the experiences and discern the primary causes (differentiating between the situation and you as causes) and the lessons learned about your values and your attributes.
* Compare the lists and analyses of the defeats and failures and discern the key differences between the two lists.

**Defeats**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Causes: Why?** | | **Consequences: Lessons Learned** | |
| **What?** | **The Situation** | **Me** | **My Values** | **My Attributes** |
| **#1** |  |  |  |  |
| **#2** |  |  |  |  |
| **#3** |  |  |  |  |

**Failures**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Why?** | | **Lessons Learned** | |
| **What?** | **The Situation** | **Me** | **My Values** | **My Attributes** |
| **#1** |  |  |  |  |
| **#2** |  |  |  |  |
| **#3** |  |  |  |  |

**Observations**