

FACING

FAILURES

LESSON-07



FAILURES are not **ALWAYS BAD!**

+

MEDICAL PRESCRIPTION FORM

Patient Name: _____ Age: _____

R_X

Diagnosis: *Atychiphobia*

Symptoms:

- ☐ Possessed by a fear of what others think about you.
- ☐ Inability to pursue the future you desire.
- ☐ Fear that you are not smart enough or capable enough.
- ☐ Worried about disappointing people whose opinion you value.
- ☐ You set expectations for yourself low because you don't expect to succeed.

Signature: _____

Do you have any of these symptoms?

If you have any of the symptoms listed in the prescription, you may have **atychiphobia!**

Don't worry, most people in the world have this phobia to some greater or lesser extent.

What is Atychiphobia?

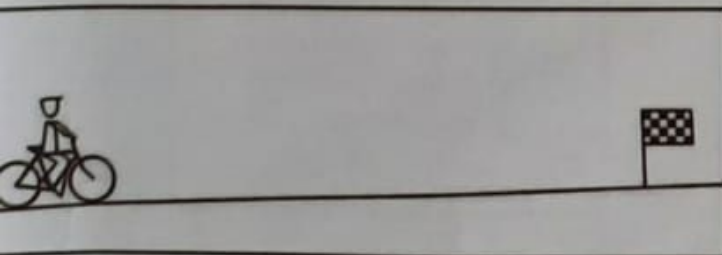
It is a **fear of failure!**

Most of us think that failure is the thing that is stopping us from succeeding. However, we need to adjust our thinking on that.

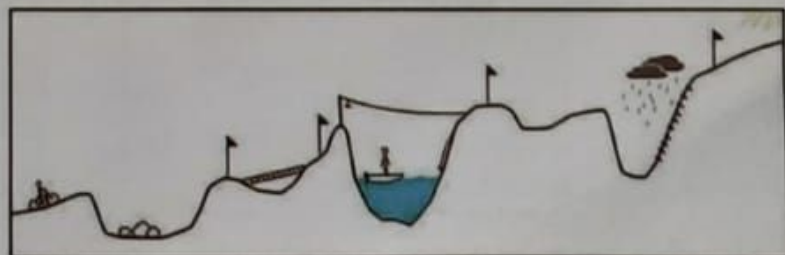
It is not failure that holds us back from success, rather, it is the fear of failure that stops us from achieving our goals!

Once we overcome our fear of failure, we are on our way to success.

How can we overcome our fear of failure? Let's explore this topic together!



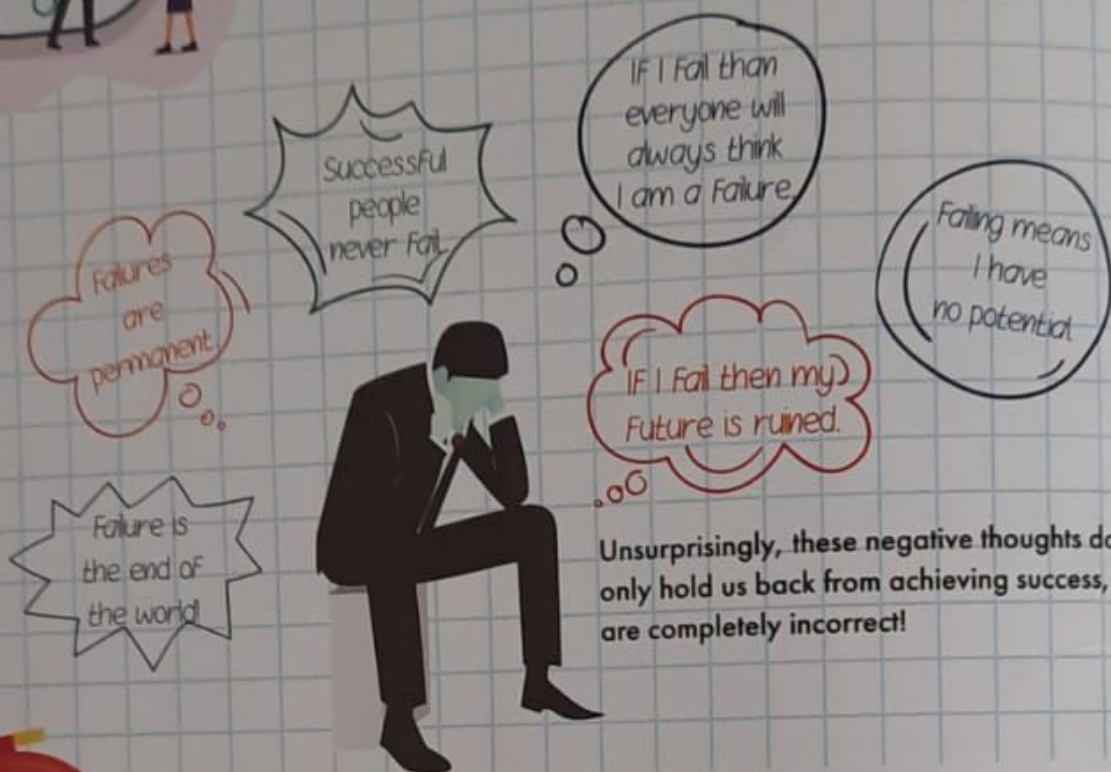
What people think success is...



What success actually is...

TIME TO REDEFINE FAILURE

The first, and perhaps the most important factor that is holding us back from success is how we define failure. How do we think about failure?



Unsurprisingly, these negative thoughts do not only hold us back from achieving success, they are completely incorrect!

QUICK QUIZ

Cold x Hot

Light x Dark

Up x Down

Success x _____

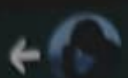
Did you put failure? That's what we thought!

We look at failure as the opposite of success! In actuality, failure is the first step to success! It is a necessary part of achieving anything.

What does this mean? It means that everyone who has ever achieved success has had to face failure.

“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default.”
- J.K. Rowling

“The difference between average people and achieving people is their perception of and response to failure.”
- John C. Maxwell



Famous Failures

Lincoln, Einstein, Disney, Edison ...



Lincoln

...1848 lost re-nomination to congress, 1849 rejected for Land Officer, 1854 defeated for senate, 1856 defeated for nomination for Vice-President, 1858 defeated again for senate... need I go on?

13:18

Einstein

Abraham, I know you like to give your long list of failures, but I have definitely failed worse than you! I didn't know how to speak until I was 4 years old and wasn't able to read until I was 7 years old! One of my teachers thought I was "mentally slow." Even my OWN parents thought I was "subnormal." I was expelled from school and rejected from university. SOOO.... I am definitely the BIGGER failure!

13:19

Disney

You guys are pretty good but my failures are even better. I was FIRED by my newspaper editor for lacking imagination! Can you believe that? I went bankrupt several times! Disneyland was rejected prior to being built.

13:21

Edison

Ok... but my teachers told me "You are too stupid to learn anything!" That's pretty bad. I made 10,000 light bulbs that never worked. But you know what I always say... "I have not failed, I've just found 10,000 ways that won't work."

13:25

Lincoln

Yeah, yeah... But Thomas, remember, your failures were private whereas all of my failures were huge public disasters! Look at my list!

13:29

Einstein

Not the list again, Lincoln. It is as tall your hat!

13:31

Disney

I guess there is no sure way of knowing who the biggest failure is...

13:33

Edison

The only thing we do know for sure is that we tasted success thanks to our failures.

13:36

Lincoln

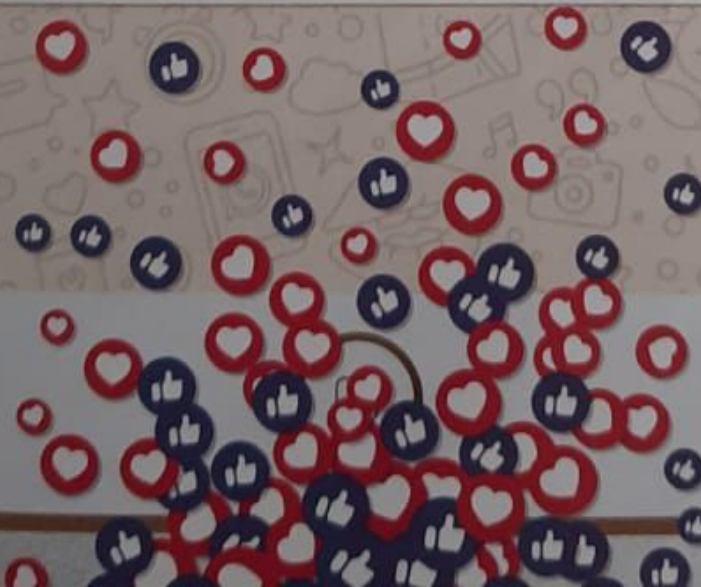
I agree!

13:36

Disney

Me too!

13:39



Lincoln, sir, I want to join your 'Famous Failures' whatsapp group. I have a lot of failures too! Look at my list:

1. I've failed so many of my exams!
2. My start-up just failed! Yes!
3. I was rejected during my job interview!
4. I've failed in managing my relationship with my family!
5. I've even failed to help my friends when they've asked me!

Young man! There are millions of failures like you in the world! This isn't the way to join our group. You need to still learn how to fail in style!

14:00

FAILING IN STYLE



1

LOOKING FROM THE POSITIVE ANGLE

Sometimes we just need to look at our failures in a new light. What are the benefits of this? One, you are able to stay positive even when you fail. Two, we realize what our strengths and weaknesses are. This allows us to focus on our strengths.

For example, let's say you start a catering business that flops. You get feedback from your customers and realize no one liked your cooking but they were very happy with the way you managed your staff and the organization in your kitchen. From this you realize that perhaps catering is the wrong field for you and your strengths would be better suited for a career in event management.

Now examine one of your failures. What strengths and weakness did you find in yourself?



2

Learn from your mistakes (...and don't repeat them)

When Facebook was in its beginning stages, Mark Zuckerberg would always tell his staff, "Move fast and break things." What does that mean? 'Move fast' means work hard. Completely immerse yourself in your goal. 'Break things' means don't be afraid of making mistakes. But at the same time, in order to 'move fast' we must learn from those mistakes. Learning from our mistakes makes us smarter, stronger, and clears the path to success.



“
The only real mistake is the one
from which we learn nothing.
- Henry Ford

THINK ABOUT SOME OF YOUR FAILURES. WHAT DID YOU LEARN FROM THEM?



FAILURE

LESSON LEARNED

I earned a 60% in my Chemistry class.

Don't leave studying for exams until the last minute. Make a study plan.

“

Don't read success stories, you will only get a message.
Read Failure stories, you will get some ideas to get success

- APJ Abdul Kalam

IPDC Essentials

• REDEFINE FAILURE -

'It isn't the end but it is the first step to success.
It is a necessary part of achieving anything.'

• FAIL IN STYLE -

1. Look from a positive angle.
2. Learn from your mistakes and do not repeat them.