**Which is worse, Failing or Never Trying? (250 words)**

One morning, I felt great and in tiptop shape. I dreamt a good dream of breaking my personal best record. That moment, Michael Phelps’ secret – visualizing success before any swim – came into mind.

Excited, I immediately went to the aquatic stadium, got changed, warmed up, got up the starting block, wore my goggles, closed my eyes, and start visualizing.

I leapt and swam hard, pushing my limits. Suddenly, my shoulder started to feel off. Fixated on the goal, I ignored this blessed signs of my body. Next thing I know, there’s a pop from my shoulder.

Yes… I failed… and injured myself. Nothing serious though.

It may not go as planned, but this doesn’t stray me away. In fact, this became a valuable lesson: it’s important to have a goal, but one has to keep check of the present and be aware of any tripping wires along the way.

While many view failure as unacceptable, I believed that failing every once in a while is necessary. It’s definitely better than never trying. The lessons learned from failing are many times more worth it compared to never trying at all.

Failure is a blessing in disguise. It allowed me to realize my physical limits and served as a reminder in how to be better. Had I never pushed my limits, I would’ve just be fixated on the goal without regards of the present.

Failure is a delayed success. Here I am now, better than ever and broke my personal best.