
Day 23: Making Friends with Failure

Today's Focus: Reduce fear through understanding failure's universality

Time Commitment: 20 minutes

Core Exercise: Failure Normalization

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Courage Check:

Did you complete yesterday's courage challenge? Yes / No

What did you learn from the experience? _____

Your Current Relationship with Failure (4 minutes)

Understanding your fear of failure is crucial for overcoming avoidance patterns.

Failure Feelings Inventory

When you think about failing at something important, what comes up?

Physical sensations: _____

Emotions: _____

Thoughts: _____

Behaviors: _____

Failure Beliefs Assessment

Rate how strongly you agree (1-5, 5 = strongly agree):

Failure means I'm not good enough: ____

Failure is embarrassing and should be hidden: ____

Successful people don't fail: ____

Failure proves I shouldn't have tried: ____

Others will judge me harshly if I fail: ____

Failure means I'm weak or flawed: ____

Total Fear of Failure Score: ____/30

Your strongest failure fear: _____

Main Exercise: Failure Success Stories Research (12 minutes)

Step 1: Failure Hall of Fame (6 minutes)

Research and document examples of successful people who failed significantly:

Example 1:

- Person: _____
- Their failure: _____
- What they learned/gained: _____
- Their eventual success: _____

Example 2:

- Person: _____
- Their failure: _____
- What they learned/gained: _____
- Their eventual success: _____

Example 3:

- Person: _____
- Their failure: _____
- What they learned/gained: _____
- Their eventual success: _____

Step 2: Your Personal Failure Success Story (4 minutes)

Think of a time when you failed at something but eventually learned or benefited from it:

The failure: _____

How you felt at the time: _____

What you learned from it: _____

How it helped you later: _____

What this teaches you about failure: _____

Step 3: Reframing Current Fears (2 minutes)

Current task you're avoiding: _____

What you're afraid of failing at: _____

Potential learning opportunities if you "fail":

1. _____
2. _____
3. _____

Ways this "failure" could actually help you:

1. _____
 2. _____
-

Failure Normalization Mantras (1 minute)

Choose your favorite failure-reframing statement:

- "Failure is data, not a verdict on my worth"
- "Every expert was once a beginner who made mistakes"
- "Failure is the tuition I pay for wisdom"
- "The only real failure is not trying"
- "Failure means I'm pushing my boundaries"
- "My worth isn't determined by my outcomes"

My chosen mantra: _____

Courage Journal Entry (1 minute)

Today's courageous act: _____

How my relationship with failure shifted today: _____

Tomorrow's Preparation

Tomorrow we'll work on processing feedback and criticism without letting it fuel avoidance.

Failure Freedom Thought:

"When I stop fearing failure, I start living fully. Every attempt teaches me something valuable about myself and my goals."
