
Day 12: Making Friends with Failure

Today's Focus: Normalize failure and reduce its power over you

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 yourself compassion around this challenge?

Belief work check:

How did your balanced belief from yesterday feel when you used it? _____

Reframing Your Relationship with Failure (4 minutes)

Fear of failure is often at the heart of avoidance procrastination. But what if failure wasn't a threat to avoid, but information to gather?

Current Failure Mindset Assessment

When I think about failing at something, I feel:

Circle: Terrified / Anxious / Ashamed / Angry / Sad / Defeated / Curious / Neutral

My current beliefs about failure:

- Failure means I'm: _____

- People will think: _____

- It proves that: _____

Failure Facts to Consider:

- Every successful person has failed repeatedly
- Failure provides data for improvement
- The biggest risk is often not trying at all
- Perfectionism prevents progress more than failure does
- Resilience grows through recovering from setbacks

Which of these facts feels hardest to believe right now? _____

Main Exercise: Success Through Failure Research (10 minutes)

Step 1: Find Your Failure Heroes (4 minutes)

Research/recall examples of successful people who experienced significant setbacks:

Choose someone you admire (can be famous, personal connection, historical figure):

Person 1: _____

Their major failure/setback: _____

How they recovered/what they learned: _____

Person 2: _____

Their major failure/setback: _____

How they recovered/what they learned: _____

Person 3: _____

Their major failure/setback: _____

How they recovered/what they learned: _____

Step 2: Your Personal Failure-to-Success Story (3 minutes)

Think of a time when you failed or struggled with something, but eventually succeeded or learned from it:

My failure/struggle: _____

How I felt initially: _____

What I learned from it: _____

How it helped me later: _____

What this experience taught me about failure: _____

Step 3: Rewrite Your Failure Story (3 minutes)

Complete this new narrative:

"Failure isn't evidence that I'm _____, it's evidence that I'm _____."

"When I fail, it means I'm _____ and _____."

"Instead of avoiding failure, I can _____."

"My goal isn't to never fail, but to _____."

Feedback Processing Practice (3 minutes)

Purpose: Reduce fear of criticism by changing your relationship to feedback

Think of recent feedback/criticism you received (or feared receiving):

The feedback was: _____

Separate the useful from the unhelpful:

- Useful information I can act on: _____
- Emotional tone/delivery I can ignore: _____
- Facts vs. opinions: _____

How I can use this feedback constructively: _____

Courage Journal Update (1 minute)

Today's acts of courage:

- _____
- _____
- _____

This week so far, I've shown courage by: _____

Tomorrow's Preparation

Tomorrow we'll work on tolerating uncertainty - another key skill for reducing avoidance.

Failure Reframing Thought:

"Failure is not the opposite of success - it's a stepping stone to success."
