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Individual Story Listicle

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10 ideas to remember when faced with failure

Nobody wishes for failure after working so hard toward a goal. While the decisions made on the pathway toward failure are important, the actions following the news of failure are crucial to achieve success too. Failure is difficult for any person to cope with. You are not alone. Here are 10 ideas to remember when managing failure.

1. Accepting failure is an active decision.

The feeling of failure may not appear to be a conscious choice while coping, but failure does not always come at the end of your journey. Choosing to view failure as the [final result](#) is an option and is not automatically implied.

2. Failure is where success is created.

A laboratory is a place where tests are performed to discover more about the unknown. [Failure is the environment for success](#), providing experimental results pointing in the direction of achievement. Use the result of failure to reevaluate and prepare for your next experiment.

3. Change the questions you are asking.

One of the most popular questions to consider upon failing is 'why?'. However, another manner to approach failure may be to [ask yourself 'why not?'](#). The answers to this question may provide more guidance for how to approach your future.

4. It is okay to try again.

Failure can be caused by [outside factors](#) out of your control like a competitive pool of other candidates or poor timing. In such a case, rejection may not be a sign to give up, but rather try again at another time when outside factors may not limit your potential.

5. Approach the situation from a wide angle view.

Achieving goals comes in many forms with [numerous pathways](#) leading to the same result. Failure may not mean that your goal is unattainable. There may be a parallel plan to achieve the same result. Approach your plan following failure from a perspective that analyzes the [big picture](#).

6. Be honest with yourself.

Goals are frustrating when they are not attainable. Analyzing and altering your goals when faced with failure is not giving up, but rather being [truthful with yourself](#) about realistic outcomes. Everyone deserves success!

7. Progress can be slow.

Just because the process of achieving your goals is taking a long time does not mean you have failed. [Small steps are small victories](#). Working toward a goal can be timely, but taking small strides slowly is okay.

8. Sometimes you need a ‘stuff happens’ mindset.

Certain instances of failure you may never be able to understand or explain. In those moments, it is essential [to move on unbothered](#). Even the most successful people will not always understand why they have failed, but regardless continue to progress.

9. Your reaction to failure is more important than failing itself.

You can choose to react to failure in one of two ways: let it be the reason you stop or let it be the reason you continue. Failure means nothing, but [how you choose to use rejection](#) is the essence of ultimate success.

10. Use failure to your benefit, even if it isn't in the way you initially intended.

It is possible to learn more than one lesson from failure. While failure may show how to proceed in the future, it can [unintentionally teach you new skills](#). Even though you may feel as if you didn't achieve your goals, through the process you may have learned something you didn't anticipate or even initially realize.

“Lessons learned from south end to fortune 500” by Stanley Bergman, “Turn college rejection into an opportunity” by Jill Schaefer, “When failure meets success: Music, movement, ritual and facilitation with Middle East youth and UCLA students: A dialogue between John Welsey Days Jr. & Sonja Arsham Kuftinec”, “Tell kids the truth: Hard work doesn't always pay off” by Rachel Simmons, “No You're Not Perfect” by Julie Stewart.