**You failed so you’re on the right track**

Imagine you were trying to get somewhere and in your way was a brick wall, and on your first attempt you tried to run through it and failed so instead you just ended up with a bruise on your head. Now let’s say there is a 100 people trying to get to the same place and out of that 100 about 75% fail on their 1st attempt so they quit on their journey. Then the 25% that are left don’t quit and keep going, but 20% of that group just keep running at the wall praying they get through, and by using this tactic 1% make it through.

Then we look at the 5% who like the other 20% kept trying to get through the wall but instead of just running at it and prying they did something different. When they failed, they tried a few more times and saw that their approach wasn’t working for them so they tried something else for example they tried to climb it, some tried to dig a tunnel around it and some people even had the bright idea to try blow it up. Now everyone in that 5% group tried different things and ended up succeeding with different methods and in different amounts of time. But they all had the same thing in common which was that they all got past the wall that the other 94% couldn’t.

Well, that’s what accomplishing goals looks like, it’s just a series of brick walls that you need to break through to reach the next level until you win. This story shows you that success is often obtained this way, because based on how much courage you have to keep getting up after you fail and how you much of an open mind you allow yourself to have so you can find a method that works for you. You see 94% of the people who used the running at the wall approach will live with the lie that they weren’t good enough because there is a guy who succeeded Mr 1% who will be seen as a special case. Well in reality he just found the method that worked for him and because most people can relate to him since he succeeded using the method they’re most familiar with, they will treat it like it was the only way hence why you wont here the story of the 5%.

Now very few people will ever have a story similar to Mr 1% but everybody in the world has the opportunity to become one of the 5%. You see to the reason most people won’t acknowledge that the 5% way is better and more doable is because it is difficult, and most people would rather do something knowing they will fail instead of putting more effort in and having a chance to succeed. But there are a couple of hurdles stopping people from adopting this mindset to joining the 5% starting with…

**Stop being scared to fail**: The fear of failure is crimpling people to the point that they don’t want to even give it a go, now I won’t go over how to get rid of this fear in the post, but I will say that the first step is to acknowledge that the fear exists and with that going from there to build up the courage to over come it.

**Don’t set expectations based on external factors**: Its important to hold yourself to a standard but many people make the mistake of basing that standard on something other than their own values often times without knowing. Once you eliminate the need to please the external factors you will have a much more enjoyable time trying to get through the wall since you are doing it for you and not for anybody else.

**Be open to trying things**: Often times when people go to accomplish goals they tend to have a plan and when the plan isn’t working they are not willing to try a different approach. Being wrong is just part of the process of becoming right.

Well that’s the idea, hopefully you found it helpful and at least interesting sign up for more content and you never know you might learn something.