Reframing Failure

Book: Identity Shift – Anthony Trucks

6 Types of Failure



Abject – have no, or perceive no, ability to come back from

Structural – a critical aspect of something fails, but it is fixable

Glorious – failures where we feel helpless, sit back and don't take action.

Expected – apologise and don't repeat

Version – tried your absolute best. Learn and try again

Predictable – predict that something will go wrong and learn from it

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Exercise

- 1. List a failure you had in the past that you placed in the wrong level of failure
- 2. State where should you have placed them and why?
- 3. State the lessons you've learned that you can use in your life moving forward

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