Coming Last

(or the value of not winning)



## Coming last is the secret to success!

- Builds Character
- Gain Knowledge



- Makes you more comfortable taking risks
- Teaches empathy and compassion
- Increases self-realization of personal strengths

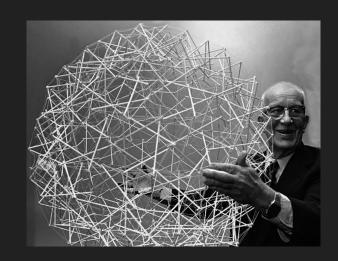


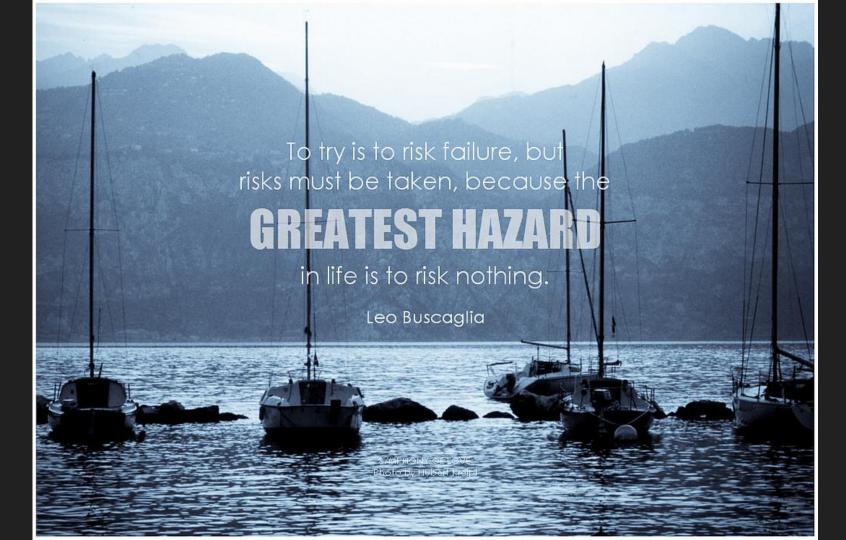
#### **Builds Character**

- Develop a 'thick skin'.
- Helps you confront negativity later in life.
- People who are so afraid of not winning often find themselves not trying.
- Learn not to give up. Losing isn't the end of the world.
- Fear of failure can lead to many negative things in life such as procrastination, self-sabotage, anxiety and lack of confidence.

## Gain Knowledge

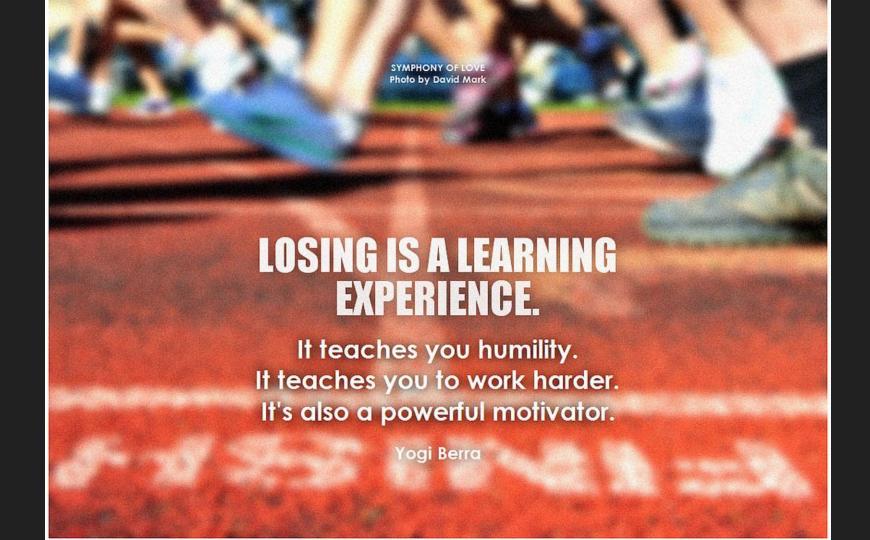
- Buckminster Fuller and the 'knowledge doubling curve' - said that before 1900 human knowledge doubled every 100 years. IBM says that with the Internet of Things human knowledge is poised to double every 12 hours.
   We are constantly learning from these people that have gained the knowledge before us.
- Older siblings, parents, teachers, mentors, and even classmates who have gone before us can all teach us things which can allow us to excel in the future.





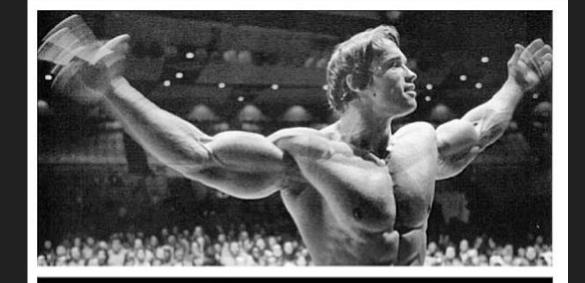
# Makes you more comfortable taking risks

- Risk is part of success
- Tolerance for risk can be increased by understanding failure.
- As your tolerance for failure is increased your tolerance for risk is increased
- Many of the greatest achievements in human history were born out of people who are described as 'risk takers'. But all of these people also knew great failures on the road to that success.



## Teaches empathy and compassion

- Mistakes teach us about our flaws and and how we can still be loved for these flaws.
- Shows us how we can inspire other people. And find inspiration in other people.
- It shapes what we value. One of the biggest mistakes people make when trying to succeed is that they value the wrong things.
- Failure makes us appreciate community and the people around us. It can act
  as a 'friend filter' and at the same time may allow you to bond with new
  people through a common struggle.



"Strength does not come from winning.
Your struggles develop your strengths.
When you go through hardships and
decide not to surrender, that is strength."

Arnold Schwarzenegger

## Self-realization of personal strengths

- Understand your personal strengths and weaknesses.
- Find out what you are good at and where you excel.
- You learn to recognize your bad habits.
- Most important you start to recognize why you fail.

# Learn from coming last and succeed in the future...

- Coming last allows us to gain knowledge.
- Whether it is education, knowledge of our self or knowledge of others.
- This knowledge can allow you take greater risks in the future and only by accepting failure can we truly know success.

#### Bibliography

#### **Picture Credits:**

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#### Research notes:

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