ASK YOURSELF THIS QUESTION EVERY DAY



So you failed you're not a failure you messed up it's okay your whole life isn't messed up you made a mistake your entire life is not a mistake this is just a small moment in time in the context of a long life every failure every mistake every major mess up can be the best thing that ever happened to you if you learn from it it could literally be the moment that changes your entire life for the better a moment you decide no more a moment to declare never again a moment you demand better from yourself a moment you reject low standards of living and demand higher standards for the rest of your life what can you learn from the situation what can you take

responsibility for what can you do better next time what can you do I want you to burn that phrase into your brain what can I do no matter what the situation is no matter how big the challenge seems always ask what can I do in asking the question you are open to there being an answer if you are willing to look for the answer and willing to fight for the solution it is only a matter of time before you find it I love failing it forces me to dig deeper to work harder to analyze my life to question everything failing forces me to be better failing forces me to grow when I fail I learn when I fail I grow more when I fail I get hungrier failure means I am pushing myself to the

Limit it's a loss it's not a life sentence the game of life you can move several times but still be a champion failure is never something that should stop you from going after your goals and dreams it's something to learn from fail learn grow try again you don't like how you look what can you do to make it better are you unhealthy are you sick or unwell what can you do better to start feeling better there's always something you can do what can you do what area of life are you not satisfied with is there an area you are ashamed of is there an area of your life where you are living below your own standards what can you do to make that better are you underperforming financially

what can you learn to make your financial situation better can you work harder or longer or smarter what can you do how are your relationships can your relationship with your partner or friends or family be better don't ask what they can do to make it better what can you do to make it better what can I do to make my life better what can I do to improve myself so I can be better for everyone I care about what can I do today what new habits can I implement every morning how can I improve my health how can I improve my business how can I improve my relationships with my friends and family what can I do no matter what the situation and no matter how hard it seems you can always make it better you can make it better with intention and effort set the intention to improve those areas of your life you are not satisfied with and put in the effort required to make them better my life is my responsibility I'm not waiting around for someone else to make me great if I want it I have to work for it if I put in the work I will get it start with the question what can I do there is always something you can do you

ENGLISH PODCASTS