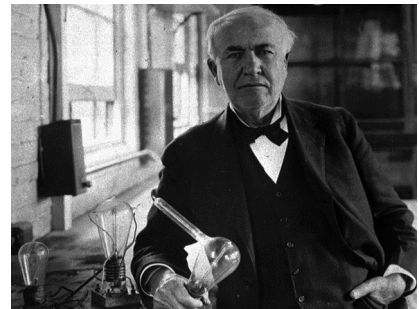


Failing Your Way to Success

adapted from an article by Peter Horne

- 1 Like millions of other English football fans, I experienced that all-too familiar sinking feeling when Luis Suarez put two goals in the back of the England net and sent our national team crashing out of the 2014 World Cup. Some criticism inevitably followed, but I was pleased to see the *Daily Telegraph* headline that stated “England manager Roy Hodgson sees a brighter future following elimination from 2014 World Cup finals.”
- 2 Failure is often seen as a dirty word, associated with negative experiences and bitter disappointments. Nobody wants to hear a driving examiner utter that word or wants to open an envelope of exam results that crush expectations and dreams. Yet should failure be viewed so negatively? Curious though it may seem, failure is often an integral part of succeeding. Contrary to popular perception, it can be an alternative route to success. The key is not whether we have succeeded or failed, but rather our 5 failure.
- 3 Thomas Edison, the inventor who held a world record of 1,039 patents, is said to have commented: “I never failed once, it just happened to be a 2000-step process.” If failure is viewed as personal defeat, generating negative thoughts about our abilities or identity, inevitably the biochemical response of our feelings will also be affected. Edison learnt many ways how not to achieve his goal, but he didn’t allow this repeated learning to discourage him. Instead he was spurred on to try new ways.
- 4 British athlete Sebastian Coe, who won several Olympic medals, said: “Winning is based on a pretty healthy, robust diet of defeat. You’ve got to learn how to deal with that, and smart people know how to build out of it and what they need to do to address those issues.” 7 it’s all about how you frame these events. If you view them as learning experiences, they will benefit you and provide a springboard from which to improve.
- 5 So next time unwanted circumstances threaten to derail your plans, remember to keep a healthy perspective and remind yourself that a dream is not just a desirable outcome, but also a journey with occasional bumps along the way.



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