

dealing with potential stuff ups: moving on from failures



No matter what we've failed at: be it stuffing up a recipe, failing to receive a raise or not losing as much weight as we thought we would; failure stings and can bring with it some pretty funky feels like disappointment, shame, embarrassment and anger.

Despite not being something we're taught at school, dealing with failure is one of life's most fundamental skills. Understanding how to deal with — and move on from — failures helps to reduce the sting that accompanies them; and it helps us to find ways of bouncing back faster, becoming more successful in the long run.

This worksheet will guide you through dealing with failures and identifying how failures make you feel. It will also help you reflect upon what you're trying to avoid by avoiding failure and ultimately, letting go of past failures so you can move forward.

