



Adversity and Setbacks

Failure is an inevitable part of life, and while it can certainly wound your ego, it can also teach you valuable lessons that lead to future successes. So rather than dwelling on the negativity of a failure, take a moment to assess what went wrong, and let it be a learning experience that helps you accomplish future goals. Some of history's most notable successes were born from people failing over and over again before finally achieving their goals.

You can't always control factors that contribute to failures, but you can control the choices you make and how you react. In some cases, you can even plan for more favorable conditions next time now that you know what to avoid. This requires awareness, analysis, and insight.

Life is Not a Bowl of Cherries

Beyoncé Knowles once said, "I embrace mistakes. They make you who you are." Although it can be difficult to examine your failures objectively, it's important to recognize your mistakes so you can learn from them and use bad experiences as a springboard for self-improvement.

Think of three instances of failure (personal or professional) that had a major impact on your life. What did you do that contributed to each failure? What could you have done differently to improve your chances of success?

You could include scenarios like failing to complete projects on time, failing to achieve set standards, failing to receive a promotion, being denied an opportunity, and so on.

Impactful Failure	Action that Led to Failure	What Could You Have Done Differently?
1.		
2.		
3.		