



How to Handle Setbacks and Pivot Into Success from Your Failures

In the face of failure, it can be hard to pick yourself up, dust yourself off, and try again. A failure can not only impact your work status or personal relationships; it can also cause you to question your own judgment, doubt your worth, and devalue yourself.

What's important is to be mindful of negative thoughts and how they impact you so you don't develop a self-defeating attitude. This is the first step in turning failures into opportunities.

Consider the following scenarios. Think about the negative thoughts you might have in such a situation, and come up with a positive counterpoint that helps you regain confidence so you can move toward success with a productive attitude.

Failure Scenario	Negative Thoughts	Positive Rebuttal
1. You received a poor performance review at work.		
2. You failed to deliver on a project on time, or you did not meet your supervisor's expectations.		
3. Your behavior directly led to the loss of a client.		
4. You lost a valued personal or professional relationship.		
5. Financial mistakes led to significant loss (home, inheritance, or even bankruptcy).		