Redefine failure

Change the way you view failure.

20 minutes

The fear of failure is an emotional and psychological state in which an individual experiences a sense of apprehension or anxiety about not meeting their or others' expectations, achieving their goals or fulfilling their responsibilities, and facing negative consequences as a result.

Traditionally, failure is defined as a negative outcome and is thus demotivating and discouraging. Therefore, redefining what failure means can help create a more positive frame of mind by shifting our focus from negative outcomes to opportunities for growth and success.

How will this worksheet help me?

- This worksheet will help you reduce your fear and anxiety about failure. This, in turn, will help you take risks, try new things and pursue your goals with renewed optimism.
- It will promote a growth mindset by teaching you to view failure as an opportunity to grow and learn.
- It will encourage you to try new things or newer ways of doing things.

INSTRUCTIONS

01 Define what failure means to you in three sentences.

02 Then, think of a situation where you experienced failure.

03 Upon identifying the situation, begin answering the following questions about that situation.

04 Remembering the previous step's responses, redefine what failure means to you.

Have a question? Send a mail to help@mindn.ai

The information on this worksheet is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

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SAMPLE WORKSHEET

Step 1: Write down what failure means to you in three sentences or less.

- Failure to me means:

a. Not being recognised by others.
b. Not meeting my high standards.
c. The end of the world.

Step 2: Recall and write down two situations in which you think you failed.

a. Situation 1: The client rejected the creative advertising idea I presented.
b. Situation 2: I wasn't selected to represent my company at that global conference.

Step 3: Use the table to answer the questions for each situation.

- How bad was the feeling on a scale of 1 to 10, with 10 indicating maximum distress?

8/10

- What did you learn from the situation? List even the smallest learning.

a. I can be more creative.
b. I can put in more effort, to better understand my target audience.
c. I don't have to take rejection personally.

- What could you have done differently?

a. I should have discussed my idea with a few colleagues beforehand, to seek feedback.
b. I could have explained my idea in clearer terms.

- What was the feedback you got from others involved?

They pointed in their feedback that the core message wasn't coming through clearly.

- In hindsight, was the situation all that bad after all? Did you overreact at that time?

Yes, I probably overreacted. All the client did was to ask me to re-work the messaging and come back later.

Step 4: Look back to point one and redefine "failure" using your new learning and insights.

a. A rejection can be a valuable source of learning.
b. I have to stop judging myself harshly whenever I face rejection.
c. The clients and my boss rejected my idea, not me.

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TO BE FILLED

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- What could you have done differently?

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- What was the feedback you got from others involved?

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Step 4: Look back to point one and redefine "failure" using your new learning and insights.

NOTE

- Making a shift in the thought process regarding failure isn't an overnight process. It requires consistent effort and reinforcement.
- You must use this worksheet regularly to start seeing a change in how you react to failure.

How redefining failure at the workplace can have many benefits:

- Understanding ways to redefine failure helps us reduce negative thoughts and boosts motivation.
- By seeing failure as an opportunity to learn and grow, we can view setbacks as a chance to improve.
- Viewing failure as a temporary setback rather than a permanent outcome can help us build resilience.

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