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STEPS TO TURN FAILURE INTO SUCCESS AND BUILD SELF-CONFIDENCE

If you look at children, we note that to learn to walk, first you have to fall a lot. Failures or what we consider failures may eventually destroy our self-esteem, undermining our confidence and underestimating our capabilities. Discover how to turn failure into success to build self-confidence.

5 TIPS TO TURN FAILURE INTO SUCCESS:

1. Stop calling it your failure

The secret to turn failure into a success is to first stop calling it as your failure. There is no failure, but failed experiences from which we can exploit. Let's change the perspective, substitute the word failure with lesson and experience.

2. Use failure as a step

With every failure, identify what you know you did wrong and be aware of this to avoid repeating your same mistakes. This will take you a step closer to success. Your error is the best manual for vital learning. If we analyze the causes of this error, we will be better prepared to face a new situation. So it's best not to forget the mistakes, but converting them into learning and stepping stone to move forward. Use failure as an impetus to improve.

3. Take Rest

You've worked really hard this far and now before you move forward, you need to re-energize or rejuvenate yourself by taking some rest. Take a week off from working on your goals and spend time with your loved ones and do all the things that will make them and you happy. Remember, you are down but not out. This rest time of a week will help you in refilling the fuel that you need to move forward to achieve your goal.



4. Do not hide your failures

Firstly, feel proud to have been brave enough to take the risk. Being open about your mistakes; it will help you open yourself to learning from others. Talk to your friends or your families and invite every opinions or advice with an open mind. You don't have to follow each and every advice that comes your way but be open to receive the best one that you think will work or at least take you to a step closer to your ultimate goal.

5. Redefine what you want

Change the focus and the reason why you are working on your goal. Check your emotional motivators. Remember, we are emotional creatures and that logic does not motivate us. You must be clear on what you want and when you want. The answers to these two questions should be crystal clear in your mind and you should remind it to yourself everyday.