Exercise 5 - There's No Such Thing As Failure

**The Key to Success Is Failure**

Let’s look at your own life. Think back to something you failed at (or thought you failed at). It could be a test in school, the first time you tried a new sport, or anything else that didn’t go as you expected.

Describe what happened here.

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Think for a moment about what you’ve written and answer this question: What did you learn from that experience? Did anything positive come out of it, no matter how small? Write your answer here.

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Now ask yourself: What did I learn from this experience that I can use in the future? What can I do differently next time, either in the same situation or a different situation? Write it down here.

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Do you look at your “failure” in a different way? Do you see positive ways to use “failure” in the future? Jot down your thoughts.

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