

If at first you don't succeed...

September 2015 Newsletter



Overnight winners are a rare breed. Most successful people try, fall down and pick themselves up over and over again. They have drive and spirit that push them until they achieve their goals. In a sense, it's their perseverance that makes them real winners and success stories.

Have you heard of these “failures”?

Some of the most famous folks in history have failed — often more than once — only to come back more determined than before. For example¹:

- **Michael Jordan**, basketball legend, was cut from his high school basketball team and had other setbacks. Today, he's regarded as one of the best basketball players of all time.
- **Oprah Winfrey**, TV host, survived a rough childhood and many career obstacles. She was once told she was “unfit for television.” After 25 years of hosting her own TV show — and developing her “OWN” brand, production company and more — she's one of the country's most successful women.
- **Thomas Edison**, inventor, was judged too stupid to stay in school. He went on to invent the first light bulb, phonograph and motion picture camera.
- **Steven Spielberg**, big budget director, was rejected from film school three times. That didn't stop him from becoming an Oscar winning movie maker.
- **Jerry Seinfeld**, comedian, froze during his first show at a comedy club. He was booed off the stage but returned the next night and tried again. Since then he has become one of the most successful comedians ever.

What's the real failure in failing?

Referring to his many flopped attempts before inventing the light bulb, Thomas Edison said: “I have never failed. I've just found 1,000 ways that don't work.”²

In other words: Every mistake brings you a step closer to success. Each time you try something and don't succeed, you have more information for your next attempt.

Most successes are preceded by a long list of failures. People who finally succeed aren't broken by their failures; they're motivated by them.

How to handle bumps in the road

Here are some tips to help you build resilience and get through the tough times:

- Think positively. Be aware of the messages you give yourself. Be your best fan — not your worst critic.
- Embrace failure. It's feedback. It's information. If you run every time you see a chance of failing, you'll lose out on all that learning.
- Remember — it's not personal. Failing isn't a character flaw. It's simply a result of an action or decision.
- Give it another try. Take the information you got from your last attempt and use it to help shape your next effort.

Remember: “Failure” can be a great friend as long as you learn something from it.

¹www.onlinecollege.org

²www.brainyquote.com