

e-Health: Why failure is good for you

Do you ever feel down because you don't succeed the first time you try something new?

The idea of easy and constant success is a myth. You may remember the story of King Midas. You know, that guy who walked around touching stuff and turning it into gold.

Well, when he tried to eat something, he realized what he thought was a blessing was really a curse.

If everything came easily to you, there wouldn't be any new lessons for you to eat and digest and learn from. You wouldn't have anything to aspire to; there would be no higher heights to climb.

Failure teaches you

No one sets out to fail, yet failure is often a part of eventual success. Sometimes you can build on what's working and make changes to what's not in order to get to your goal. And other times, great things get discovered by surprise.

For instance, Thomas Edison was trying to record telegraph signals and recorded his own voice along the way. This led to the invention of the phonograph. Edison seems to have made friends with failure. He's quoted as saying, "I have not failed. I've just found 10,000 ways that won't work."

Here are some tips to help you see failure in a positive light:

- **Try, try, try again!** Most things don't happen overnight. They take practice and along the way you can learn new things and find ways to improve.
- **No one's perfect.** If you were perfect, you wouldn't have anything in common with others. You'd be the only one who's never failed at something.
- **Look for the silver lining.** No matter how successful you are, no one becomes immune to failing. But you can change your attitude about failure. Don't look at failures as failures. See them for what they can be: breadcrumbs on the path to success.
- **Help others.** Once you've achieved a measure of success, you're in a great place to help others who might be starting out along a similar path.

Edison also said, "Many of life's failures are people who did not realize how close they were to success when they gave up."

The next time something doesn't go the way you hoped or planned, ask yourself what you can learn. You might surprise yourself!

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