



Learning from Challenges

This week I spent a day in the garden setting out plants that I have nurtured from seed and it was great to get them outside. However 24 hours later I discovered that all of my broad beans had been destroyed. I think it was the local pigeon population that destroyed them but I am not sure.

When I saw what had happened I was cross and frustrated and feelings of failure began to well up inside my head. Very quickly however I decided that I was not going to let the local wildlife deprive me of home grown beans and so I planted more seed and these ones will be protected from the birds when I plant them out!

This very simple example highlights two important elements of how I deal with the disappointments that life can sometimes bring. Firstly, while I might feel frustrated and sorry for myself initially I will look at what has happened, acknowledge my feelings and move on. Secondly I seek to learn from the experience, see what I need to change and try again.

When we set goals for ourselves, and for whatever reasons, we do not reach them, it is important to look at what has happened, learn from the experience, see what it is we need to change and try again. There is no shame in failing, the shame is in not trying. To be successful we need to learn from the failures and try again. I am reminded of the quote from Tomas Edison who made over seven hundred attempts to find the right material to make a lightbulb "I haven't failed. I have just found seven hundred ways that didn't work"

We can all encounter failure in any aspect of our lives, our relationships, our careers, our diet and exercise plans. Sometimes we start again without looking critically at what has happened. I am reminded of a former colleague who failed to get a promotion on a number of occasions. Each time he went for promotion he did the same thing. It was only when he critically looked at the experience, and changed how he approached and completed the interview process that he finally gained success.

My challenge for you this week is to look at your own response pattern to failure. Do you give up or do you keep trying? If there is a situation at which you have failed recently, what have you learned from the experience? To achieve success do you need to change the plan? Revisit your original plan to achieve your goal and see what you have to change.

Now go on and try again and remember that in the words of Robin Sieger:

"a winner is someone who gets up more times than he falls"

If you find it challenging to gain clarity as to what it is you can control and what is outside your control give me a call and let us see what we can do.