

What if the secret to success is failure? Or more precisely, how we face failure?
How might that change the way people look at the world?

For now, let's take some time to reflect on your own experience with failure.
We've all failed at many things.
Write a short history of one of your failures.

What's something that was important to you that you failed at and gave up on?
Describe what happened and how it felt.

Now take a deep breath. Imagine a happier ending to your story. Imagine that instead of giving up, you dug deeper and found a different way to succeed.
Rewrite a new ending to what happened after your failure.

What did you do differently?

What happened then?

How did it make you feel in the end?

You can always rewrite the story of your future.
The next time you face a failure, think about how you want the story to end.
And never give up.

What is a challenge in your life right now that you could practice never giving up on?

What are you going to focus on doing to help you give up on this challenge?

Feedback: How did this activity help you?
