How To Get Over Failures

Failures are inevitable. And I took it upon me to do everything in my power to help you accept that and help you go through the experience of failing.

When you look at successful people, know that they are only successful now because they have failed plenty of times before.

The trick is not avoiding failure. The trick is to gain the ability to fail and then be able to get up again and continue towards your goals.

Failures do have a very demoralizing effect. They bite. Failures often discourage people from continuing what they were doing before they failed.

You shouldn't be a victim of this effect.

An interesting thing I have observed both in myself and in others. Is that when we treat something as "practice", it is easier to fail.

Imagine that you get rejected by a potential employer. That might hurt.

But now imagine that you are only practicing with a friend for a job interview, and in that practical the friend who acts like the potential employer rejects you. You simply go like "Yeah, okay.. Lets try again".

See how easy it is in practice to fail and try again? See how much easier you feel that way?

I found out that when I do cold sales -where failures are common- and I treat it as practice, I perform better than if I would be doing it with serious intention. I found that when I fail, it's as easy to brush of as dirt from my coat!

So here is my advice. Treat failure as practice. Treat serious, high demanding and performing tasks as practice. It will be fun. You will perform better. Plus as practice, you have the benefit to analyse what happened so you can improve and learn from these actions. The benefits are huge!