

## Learning how to reframe our failures and grow from them

### 1) Considering every failure as feedback or a learning experience — “failing forward”.

This is one of the most well-known methods of reframing failure. Instead of simply focusing on how we failed, we consider why we failed — and we draw valuable insights from this.

Our failures are simply lessons.

And success is our reward for learning that lesson and applying it effectively. Once we do this, we progress to the next failure-lesson. I consider these to be good failures — failures that occur as we strive to achieve a goal that is meaningful to us and arise as a result of progress towards that goal.

### 2) Considering every failure as an experience that boosts our resilience and self-confidence

Given that you’ve inevitably experienced failures in your life — and that at this moment, you’re alive to be reading this — it’s fair to say that you’ve bounced back from each of those failures in some capacity!

In the context of this reframe, it doesn’t matter how well you bounced-back, but simply that you bounced-back at all! This awareness helps us to recognize that we have the **resilience** to handle failure and the capability to bounce-back from failure, increasing our confidence in our ability to repeat this if needed.

### 3) Training ourselves to enjoy failures and mistakes.

Michael Jordan is arguably the greatest basketball player of all time. However, many aren’t aware of the failures he experienced on his path to success — including being cut from his high-school Varsity team on account of his height!

Jordan himself was famous for saying: *“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”*

It’s possible that we won’t be the Michael Jordan in our respective fields and professions. But Jordan’s mindset towards failure helps us to understand that an appropriate response to failure is to keep striving to learn and grow from our mistakes — and even enjoy them!

### 4) Remembering that failing does not make us a failure.

“I have failed”, “I am failing”, and “I might fail” are behavior statements. They refer to the outcome of a behavior — in this case, failing — that we might experience. However, “I am a failure” is an identity statement. It refers to a definition of who we are, not how we behave.

***This is extremely important to keep in mind because behaviors are not as difficult to change as our identities.*** They’re simply things that we tend to do, to the extent that they may have become habits.

***So, yes — you are permitted to fail. But you are not a failure.***

## **5) Teaching others the lessons failure has taught us — creating purpose in failure**

Many of us perceive failure to be without purpose, despite the lessons it can teach us. This is understandable. Life is short. We want to spend more time enjoying our success, not suffering because of our failures.

One of the most powerful tools to create purpose in *any* experience is to use it to teach, inspire and empower others to achieve their goals, overcome similar obstacles and convey that they too can discover strength by confronting their own failures, insecurities and vulnerabilities.

## **6) Acknowledging that there is no shame in falling if we get back up after we fall**

This is the failure re-frame which has helped most successful well-rounded humans throughout their journey’s.

Failure isn’t an outcome; it’s our *response to* the outcome.

To use an analogy many of us can relate to, there is no shame in stumbling and falling on the path of life. But whether we truly fail depends on our response to our fall. Failure is when we stay down after we’ve fallen, which represents giving up. Getting up and continuing is how we don’t let that moment define us.

**Source:**

<https://kam-taj-coaching.medium.com/7-ways-to-reframe-failure-10e9d511f698>