

Darkness is where diamonds come from: *How to Embrace Failure*

Not many people dive straight into success. It takes a few goes to achieve as a successful outcome. Here are a few tips to help embrace failure, shifting your gaze from failure, viewing it as a small part of a longer, creative process.

1. Make a decision to bounce back from failure.

You could describe this as your intention. Be kind to yourself and don't get stuck in negative self-talk. You might also want to visualize yourself bouncing back and giving yourself another go. Jim Carey did just this by visualising a huge pay check, after facing months of failure as an actor. He says of failure, "Darkness is where diamonds come from".

2. Failure is not about me.

Remind yourself that it isn't personal, and that in fact painful failure offers the opportunity to evaluate, analyse, assess and grow.

3. Take time to breathe:

Walk; go on a trip, exercise or make something. These diversionary tactics help us re-energise, bring clarity, and stimulates new ideas. A fine example of this is when Harry Potter came to JK Rowling on a train journey.

4. Reframe

View failure as a step in a process- a process which curls and twists, rather than follows a straight line. Alex Ferguson said, "Success doesn't happen in a straight line". Rewrite your plans with the new knowledge you have gleaned. Choose to learn, as Edison did with his lightbulb.

5. Jump back in

Decide not to be a victim and not to talk negatively to yourself.

6. Re-Assess

Decide to take action, do things differently, and re-assess.

7. Find a friend

Find a good friend whom you trust, and that has your back. Offer them the same in return.

"I didn't Fail 1,000 times. The lightbulb was an invention with 1,000 steps."
- Edison

