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 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