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TRANSFORMING FAILURE INTO GROWTH

**MINDSET SHIFT
COACHING GUIDE**

Navigating failure can be one of the most significant barriers to psychological wellbeing. How we think about and interpret the situation influences how positively or negatively our wellbeing is impacted.

There can also be a sense of stigma associated with failure, which can evoke emotions such as shame, embarrassment, and guilt, and with this can come an avoidance of trying new things or taking risks, which can negatively impact wellbeing.

It's not a psychologically healthy approach to avoid the feelings associated with failure because you're denying yourself the opportunity to process uncomfortable emotions and learn from the experience. What if you can shift your mindset to use failure as a tool for growth and not let it hold you back?

Here are three ways you can turn mistakes and failures into learning experiences.

1. Examine your mistakes

Don't be afraid to learn more about what went wrong and understand what you can take from the situation to help you in the future.

2. Use failure as a learning experience

Every experience we encounter is an opportunity to learn and develop, and experiencing failure is one of the richest development experiences you can go through.

3. Look for opportunities

When experiencing challenges, ask yourself what opportunities you can find to learn, grow, develop, or change. The only true failure in life is to fail to use the experience in some way.

4. Change the 'win-lose' language

We often look at events in life as binary – we win or we lose, and these are opposite ends of the scale. But life isn't always as straightforward as that. What if you win a project but lose a relationship in the process? Try to view successes and failures as part of the development process.

5. Take action

Use what you've learned from failure to make positive changes in your life.

Most success stories are built on the experience of many failures, so failures you experience today may be a critical part of the puzzle you need to build success in your future.

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