



**WHEN YOU ARE REELING
FROM FAILURE
Workbook**

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Introduction

Failure is a fact of life. It's impossible for anyone to go through existence succeeding at every turn. In fact, many of history's most famous success stories have come about after first having failed. The important thing is learning from the experience.

Exercise 2: Embrace Your Emotions In A Healthy Way

In the immediate aftermath of a big failure emotions are raw and painful. An individual can be wracked with self-doubt, depression, and anger. It is important at this stage to acknowledge to yourself how this failure is making you feel.

What emotions are behind the failure? Be specific, think about it, list them all.

A sheet of lined paper with 25 horizontal lines.

Calendar time for doing these things

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What is your perspective on the failure?

Lined writing area consisting of 25 horizontal lines for text entry.

Lined writing area consisting of 30 horizontal lines.

Exercise 6: Place Responsibility Appropriately

So much can go into the success or failure of any venture no matter the size so when things do not go as planned something or someone is to blame. It is important when analyzing the mechanics that went into the failure to not overlook the facts and to not allow emotion to play a part.

Are you making excuses that can lead to a missed learning opportunity and a chance for personal growth?

Lined paper template with horizontal ruling lines.

Lined writing area consisting of 30 horizontal lines.

A series of 30 horizontal lines for writing.

Lined writing area with multiple horizontal lines.

Write 10 positive affirmations that are personalized to your situation and your needs

Refer back to your answers within this workbook for guidance.

Another way to decrease the fear of failure is to make sure the worst-case scenario is understood. What is the worst that can possibly happen if this attempt fails?

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Lined writing area consisting of 30 horizontal lines.

Lined writing area consisting of multiple horizontal lines for text entry.

Lined writing area consisting of 30 horizontal lines.

Lined writing area with 30 horizontal lines.

Lined writing area consisting of 30 horizontal lines.

