



Failure as Success

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Failing is how we become successful. I'm sure to some that statement sounds counterintuitive, however, I believe it to be true. Think for just a minute, when have you learned more lessons? When you've been successful, or when you've failed, made mistakes?

Now I'm not saying we should all go out and fail. No, that's not the point of this article. My point is to begin honoring failure, honoring mistakes, honoring those projects that just didn't turn out the way we planned. It's time to stop the shame of failure and honor it for the lessons we learn. Mistakes and failure are the ways we learn. Without them we can never succeed.

Seven years after graduation with her bachelor's degree, J.K. Rowling considered herself

a failure. After the death of her mother, the demise of her marriage, and the loss of her job, she was in her words a failure. She embraced this dark time in her life to write and develop the characters and story of the Harry Potter series. Now she is said to be one of the wealthiest women in the U.K. She is a real-life rag to riches story and all because of her failures.

When a person fails or makes a mistake the first reaction may be shame. No one likes to fail, whether we show our emotion of shame we may still feel it and keep it to ourselves. We allow the shame and the projection of shame from others to dictate our next steps. Is it possible to change this? Is it possible for us to view our mistakes and failures as success because of the lessons we've learned and celebrate them? They're only mistakes and failures if we choose not to learn the lessons and continue to do the same thing over and over.

The first half of our life is typically made up of lots of mistakes and lots of failures. These failures and mistakes allow us to mature into the second half of life. We mature as we recognize, learn from, and honor our mistakes and failures. It is a choice to recognize, learn, and grow. In life, some choose to grow and others choose to stay the same.

Learning from our mistakes and growing is not an easy task and can be emotionally painful. It is this pain we try to avoid. We need each other to get through the hard times. Honoring the failures and mistakes will soften the pain of learning.

Which failures and mistakes in your life have taught you the biggest lessons? How have you honored them? Take some time this week to celebrate. You're worth it!

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