

Activity 11.3

GROWTH



How to reframe failure

It is possible to change our relationship with failure - to stop beating ourselves up with it - by examining why it feels like you've failed and finding the positives.

Let's give that a go!

Write down something that you failed at recently (be as specific as you can):

Why do you define this situation/experience as 'failure'?	
What are all the positives that could come from this situation?	
What are the lessons you've learnt from it?	
How will you approach the same situation differently in the future?	