

FUNSHEET



EPISODE 68

**FAILING FORWARD -
FAILURE IS THE KEY TO SUCCESS**

**ABSOLUTELY
WRITE**
WITH ADITI SURANA



FAILING FORWARD - FAILURE IS THE KEY TO SUCCESS

When did you first learn that failure is bad and it must be avoided at all costs? Any childhood failure incidence that bothers you till date?

Write it as you feel. Do not edit. Just go with the flow.

We were all trained to follow rules and abide by a structure and anyone or anything that didn't fit the _____, was considered wrong or a failure.

**'FAILURE IS NOT THE
OPPOSITE OF SUCCESS, BUT
ACTUALLY A ROAD TO IT.'**

John Maxwell, Author of
'Failing Forward'



Let's look at 5 ways to turn the table.

Write in detail about:

- One area where you are scared of failing, or
- that one person whose approval keeps you on your toes or
- that unimaginable fear of loss that keeps you awake at night.

1. Failure is inevitable but suffering is optional.

If you are trying to do something or rather anything new or different, you will fail in some or the other way. If you accept this as a part of the process then you will not resist it.

Think of 3 things you can do to accept your past or future failure?

1.

2.

3.

2. Do not take failures personally.

In the culture of carrot vs stick, rewards vs punishments, we were trained to look at failure as a sign of poor _____.

Do you or did you take failures personally? Think closely. If yes, then what can you change in your narrative/ self dialogue?

3. Forgive but do not forget!

Every failure is a _____ card that shows that you need to change, alter, and try something new to achieve your target.

Learn as much as you can from your mistakes and make it your training ground.

What were 3 important life lessons that you learnt from your failures?

1.

2.

3.

4. Cultivate Growth mindset



" THE BEST THING PARENTS CAN DO IS TO TEACH THEIR CHILDREN TO LOVE CHALLENGES, BE INTRIGUED BY MISTAKES, ENJOY EFFORT, AND KEEP ON LEARNING."

Carol Dweck - Psychologist

If you deal with your failure with a growth mindset you turn it into an opportunity to grow. How to do it?

Start with solution oriented questions:

- What can I learn from this failed situation?

- Which skill set is lacking here? Mine or someone else's.

- How can I minimise the damage?

5. Practice failure

Learn something stimulating and challenging that will help you practice how to fail as well as bounce back.

Question your preferences, try walking into some _____.

Think of 5 ways you will do that. Experiment with it for just one month.

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We are doing a special awareness drive called, 'Calmsutra with Aditi Surana'. Aditi will be doing a handwriting based meditation process, live on Instagram for 12 minutes,. All the details are mentioned on www.aditisurana.com/calmsutra



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We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

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