

Life is full of ups and downs, whether it be at work or in relationships. The best you can do is keep learning from them as that is the only way to keep moving ahead. These seven steps will help you do just that:

ACCEPT THE FACT THAT FAILURE IS INEVITABLE

Instead of avoiding failure by refusing to try at all, we need a strategy to handle what is bound to happen. If we learn from our mistakes, we can use them as lessons to guide us forward. And as long as we constantly strive to better ourselves, no failure will be for nothing.

OPEN YOUR MIND

It's easy to get stuck in a rut. You may start out using a certain approach, only to find yourself feeling compelled to stick it out, even when it is clear you should change. Yes, it's painful to admit that you need to try something new, but we need to get over our egos. You've got to find an approach that works for you.

BE PATIENT

No matter how many times you may have to try, be patient with yourself. Judging yourself for failing is like judging a seed for not yet being a tree. It's also important to remember that failing doesn't make you a failure. As long as you stay open to new approaches and refuse to give up, you will be successful. Everything will happen in time.

CELEBRATE YOUR SUCCESS

The first thing to do when you succeed is celebrate. No matter how small the accomplishment, you should feel proud. There are many things you could do, such as telling your family and friends or taking the day off. You deserve it.

REFLECT ON THE EXPERIENCE

Take a moment to learn what led to your success so you can use this going forward. Neglecting this step could lead to trouble later on. For example, it's possible that your success was because you got lucky, which means you might not be successful in the future. But if you are doing something right, find a way to keep doing it so that you can get even better.

SET A NEW GOAL

Once you've had some success, it's important not to get lazy. It's very easy to become complacent after experiencing success, and to think that you don't need to go any further. But, you'd be missing out on quite a lot if you did. You could also find yourself sliding back to failure.

TAKE IT EASY

Setting a new goal doesn't mean you have to keep chasing it for forever and a day – that could be torture. You must understand why goals matter in the first place. They are less about the outcome and more about the process, and we should focus less on what we get and more about who we become – that's what matters most. **Man**



NEVER BACK DOWN

Reflecting on
our failures
and successes