

IGS 20

How do I deal with actual failure?

This is important: "Failure" only occurs when you fail to try in the first place or when you give up on a goal you want to achieve without having first given it your all. **Missed deadlines** are not failures. Setbacks are not failures. Unexpected challenges or changing priorities are not failures (in fact, they're quite normal). Feeling discouraged doesn't mean you failed. You can only fail if you quit, and there's an easy solution to that:



Keep going or start again.

So long as you are working toward your goal and following a plan, you haven't failed. If you stop, just start back up again. And remember, every step forward, every single task you check off as completed is a small accomplishment unto itself. Focus on just taking that next baby step, then the next, then the next. If the tasks are too difficult, then break them down into absurdly simple tasks, ones that you're guaranteed to complete. It may seem ridiculous to break down something as simple as cleaning a garage into forty individual tasks, but in doing so, you can build momentum with each task checked off. It's a bit like playing a game with yourself, but it really works.