Normalising Failure

Failure in life makes you dig deeper and reach those new understandings. It's okay to fail because it helps to shed light on what you want and where you're going. You reflect on life, developing new strategies to push through present-day obstacles, finding new ways to approach old problems.

Without failure, we couldn't become the people that we become in time. While that doesn't lessen the pain and the agony we must wade through when dealing with failure, it's most certainly a means to an end.

Why failure is normal

1. Failure is inevitable.

At least once in your life, you *are* going to fail at something. Your talent, intelligence, hard work, and/or passion will not be able to save you. Failure is inevitable. Everybody has failed, although some refuse to admit it. Don't let them fool you. If you research the stories of the most successful people of our time, you'll find they, too, have failed. In fact, it was failure that produced the success stories of people like Steve Jobs, Oprah Winfrey, and Walt Disney, just to name a few.

2. You learn substantially more from failure than success.

There is always room for improvement no matter how great you are. Sometimes, you'll never know which areas need improvement unless you fail. Instead of sulking over your failures, ask yourself, *"What did I do wrong?"* That way, next time around you can correct the problem, and do an even better job than before.

3. Failure makes you stronger.

Failure separates the weak from the strong. Some people fail, and they give up on their goals. Others fail, and they gain invincible strength. These people can be knocked to the ground, but they're like those inflatable dolls. They bounce right back up. That's what failure should do to you. It shouldn't break or stop you. It should make you push harder to achieve your goals and dreams. You should feel as though, if you could survive your present failure, you could survive anything.

4. You take more chances when you're unafraid to fail.

People who are afraid to fail are pretty boring. They play it safe. They never take chances. On the other hand, those who are unafraid to fail take insane risk. They'll go out for that singing competition, even though they can't sing. They'll apply for that big-time job, even if they don't meet all the requirements. These types of risk make life more enjoyable. And you never know, those risks you take when you're unafraid to fail just might pay off.

5. Failure allows you to discover new paths.

When you fail, oftentimes you'll realise the present path you're on is not the right one and that's okay. You can then seek out new paths and discover what's right for you. Nevertheless, if you don't fail, you might never consider pursuing different avenues, you'd just continue on down the wrong path.

6. Failure makes success that much sweeter.

How can you know the sweet taste of success if you've never felt the sting of failure? To finally succeed, after repeated failure, is one of the best feelings in the world. You'll feel a great sense of satisfaction, knowing that everything you went through was worth it and that's because it will be.

Resources:

Dealing with disappointment

How Reframing Your Failures Will Actually Bring Success

https://www.lifehack.org/articles/productivity/how-reframing-your-failures-will-actually-bring-success.html