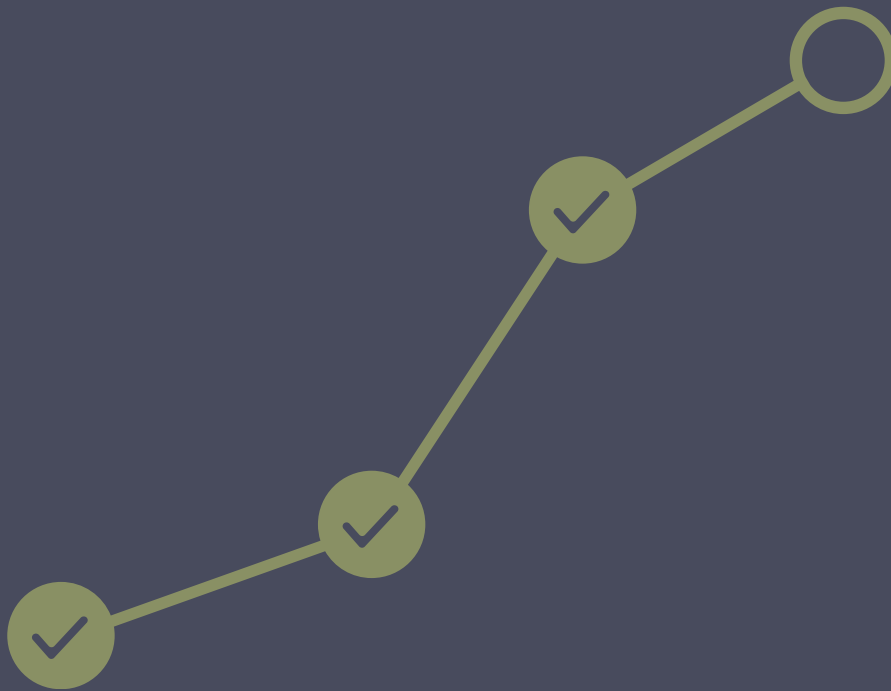


HEALTHY MIND PSYCHOLOGY UK

LEARNING FROM FAILURES WORKSHEET



By Dr Amber Johnston

THIS INNOVATIVE WORKSHEET IS DESIGNED TO TRANSFORM YOUR PERSPECTIVE ON FAILURE, TURNING SETBACKS INTO STEPPING STONES FOR SUCCESS.

We invite you to reflect on 3 past failures and delve into your immediate feelings about these experiences. Were you disheartened? Frustrated?

This introspection is crucial as it lays the foundation for the next step: uncovering the learnings.

What did each failure teach you? How did it contribute to your personal or professional growth?

Failure is not a setback but a necessary part of the learning process. By reframing our failures as lessons, we cultivate resilience, adaptability, and a growth mindset. This shift in perspective is vital in today's ever-changing world.

LEARNING FROM FAILURES - WORKSHEET

ANSWER THE FOLLOWING QUESTIONS TO LEARN FROM YOUR PAST FAILURES & REFRAME THEM INTO POSITIVE LEARNING EXPERIENCES

WRITE DOWN A PAST FAILURE

HOW DID YOU FEEL ABOUT THIS FAILURE?

WHAT DID YOU LEARN FROM THIS FAILURE?

HOW DID THIS FAILURE HELP YOU GROW?

HOW DIDN'T THIS FAILURE HELP YOU GROW?

WHAT WOULDN'T YOU HAVE ACHIEVED IF THIS FAILURE HADN'T HAVE HAPPENED?
