

Three Keys to Quickly Overcoming

Failure

(and the lessons that will launch you
into the best version of yourself)

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Are you tired of being in a rut, dealing with the same situations over and over again?

Do you feel like you fall short from hitting your potential?

Do you have patterns in your life that make you feel unheard or undervalued in your work or relationships?

Whether the situation is minor or severe, failure can keep us in a state of beating ourselves up. Failure keeps us from moving forward unless we are intentional about facing it, dealing with it and moving forward.

Three Keys to Quickly Overcoming Failure will help propel you from where you are to where you want to be. This interactive book deals with the underlying issues that keep us from succeeding and moving forward. Each chapter will have action steps for you to take to keep you moving ahead in a healthy and whole way.

What area in your life do you recognize failure? Do you keep finding yourself in lousy relationships or unfulfilling jobs? Not succeeding at the goals you set for yourself? Do you have bad habits that you just can't shake? Do you let people take advantage of you?

I want you to know that you have incredible worth and value, and your life was made for so much more. You have what it takes to move forward, even if it is hard for you to believe that right now. You are also not alone. I and many others have journeyed our way out of failure, and you can absolutely do it too!

Let's get to it!

Part 1

Face It

The first key to overcoming failure is to first, face it! Take time to think about what you did and how you failed.

It takes a lot of courage to face your failure. It can be really scary. But the simple fact that you are reading this book proves that you care about dealing with it the right way. Good job; keep going!

You hold tremendous value. You owe it to yourself, and all those you hold dear, to take time to work through this failure and process the steps that got you to this place. Be honest with yourself. Be intentional about setting aside time to work through this failure. Get yourself a journal or notebook before you begin. Writing things down adds another physical element of taking what is in our minds and hearts and moving it out of us, so we can then move forward.

Getting Clarity

Consider the amount of time you have to be intentional about working on your failure. This will take focused time on your part. If we have wandered off the path into some kind of failure, we are not just going to end up on the right path all of the sudden, without being intentional about finding the right path again! It will take some work and focus, but you can do this.

Do you need a large block of time, like a weekend, just to process what has happened? Maybe a whole weekend is



not feasible for you, but you can pick a day of the week for a certain number of weeks, or a couple hours a day for a predetermined amount of time. The important thing is to be intentional about doing it. This book will be a tool in working through whatever amount of time you have designated.

**Admitting we need some help is the first step to healing,
so well done!**

Once you set your time aside, feel the feelings and assess the situation. Some failures are bigger than others, but no matter the size or situation, we need to let ourselves be alone to think about the reasons we found ourselves in this particular place. We need to accept that we let ourselves---and possibly others---down. This is a time to pull away from life a bit, and look at yourself with a new perspective.

Face It: The Action Steps

Write down a brief "roadmap to failure." Keep it simple. Make the timeline from one year before the failing incident(s) happened. This helps give a visual of the possible contributing factors surrounding the failure.

In addition to the timeline, here are some great questions that you can write the answers to in your notebook or journal that will get the ball rolling. In your notebook, answer each of these questions: (Take your time!)



Questions to Ask:

How have I fallen short?

What did I fail at?

What led me to this point?

What decisions did I make that brought me here?

What are my weaknesses?

What are my strengths?

How have my strengths and weaknesses both contributed to this situation?

What feelings have I experienced throughout this failure?

What circumstances persuaded me to make the choices I made?

What feelings can I identify right now?

Am I afraid?

What am I afraid of?

Am I angry?

Who am I angry at?

Am I angry I got caught or angry that I failed again?

Do I feel stuck?

Did I feel like I didn't have any other options?

In hindsight, were there other options?

Did I feel justified on the road to failure? (If you did feel justified, list the reasons why, and that will help you understand yourself better, getting to the root of your motivations. This is a really important thing to do!)



Please write down any other questions that you have for yourself that have come to mind while working through the list. Depending on the size of your failure, other people may be asking you questions. You may not need to answer all these people, or you may need some time to really think about your motives. But write the questions other people are asking you down too, and answer them as honestly as you can.

Taking Ownership

These exercises are for yourself first. Your honesty with yourself will then ripple out to others in your life.

Through it all, take responsibility for where you missed the mark, didn't get things right, or completely blew it. This step is critical to starting the process of recovery.

This step may also include talking to a counselor or therapist, or working with a life coach. Depending on the size of the failure, the fallout can be overwhelming, especially when our failure affects other people and their lives. We may not be able to move forward healthily without working through some deeper issues that we wanted to gloss over. We need to be aware that we most likely have blind spots that we cannot see in ourselves.

We owe it to ourselves to take time to deal with the messy or undesirable character trait patterns we have struggled with throughout our lives. We all have ways of dealing or coping with the stressors of life, and if

we need it, professionals are there to help us move forward without judgement.

If we want to move through failure quickly and healthily, we need to take responsibility for our thoughts and our actions. There may be really good underlying reasons for why we made the choices we did, and this is the time to investigate that. This is not a time to rationalize, but a time to sift through our intentions, right or wrong, and admit the areas in which we have fallen short.

Every human on earth fails in some way, and when we do the hard work of failing well, our lives and relationships will reflect that. If we try to cover our failures by blowing people off, minimizing our faults, or rationalizing our mistakes, we do not serve ourselves or others well, and we will keep finding ourselves in similar situations dealing with the letdown of failure again. This is the time to get the skeletons out of the closets of our hearts and minds, and take a personal inventory.

