



Reducing the Negative Impact of Failure

We've all had a failure at work. It is inevitable, so the most productive thing you can do is to have a set of tools to draw from when you are faced with the fall-out, which we will outline here:

Look at the failure as a learning opportunity

Although it doesn't take the failure away, if you can reframe it in your mind, you can more easily move past it.

What did you learn from this failure that you can benefit from in the future?

Look at what behaviors DID succeed

Identifying what behaviors worked within the failure can help point you to areas of strength.

Understanding the areas where you are strong will help reinforce those behaviors in the future.

Don't feel like you have to be good at everything

Failure may be an indication that you need to move on to something else. Is this area something you really need to succeed at?

Put the failure into perspective

Think about failures from the past. With hindsight, are they as bad as you thought they were at the time?

Rank the failure from 0 to 100 where 100 is nuclear holocaust.

Remember that other people are caught up in their own lives

Worrying about what others think about your failure is usually a waste of time because other people probably don't even notice what you've done.

Those that do are likely close to you. In that case, project the failure onto them. What would your reaction be if they had been the one who failed?

Take Action

What can you do to create a positive outcome?