

Learning from losing, failures

Things I learnt by reading The Global & Mail in Canada, August 2013

Pressure

Using the quote from a golf example
The bowl does'nt know the difference: once it is delivered it goes to its resting place; it is still the game of bowls regardless

Failure – s forerunner to success

- Walk away and another door opens
- Without failures we may well be a failure; we learn from each and every mistake when we strive to succeed
- Failures & mistakes require review and debrief; reason out what occurred and learn the lesson from the experience
- It takes repetition and (deliberate) practice to finally learn the lessons for success
- Learn to experiment, to tweak so that technique is a consequence of the journey
- Failure and mistakes are liable to dent those with shallow and fragile egos; with experience comes increased expertise, even wisdom, in that the journey ensured you knew the pitfalls and the alternate path to success
- Write: simply write and document your experiences; what not to do (next time), what you did do (well) to do again
- Know then what it is you NEED to do, as written, to gain and maintain success
- Preparation is the cornerstone for success
- Develop a 'failure muscle'- train it to connect to the communication and tactics as you are in performance not after the event

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