

*Elbows*  
*bowls columns*

**Learning from losing, failures**

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

**Pressure**

Translating the quote from a golf example.

The bowl doesn't know the difference: once it is delivered it goes to its resting place; it is still the game of bowls regardless.

**Failures – 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 and 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.

[www.tgam.ca/canada-competes](http://www.tgam.ca/canada-competes)

[www.lachlantighebowls.com](http://www.lachlantighebowls.com)

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