

Uncovering Failure

What did I fail at today? Make a list of failures and mistakes. Mistakes and failure for the purposes of this exercise are synonymous. These can be things you told yourself you were going to do today but never got around to it. You gave someone the wrong information causing them a problem. You zipped when you should have zagged. It doesn't matter how big or small. List everything you can think of for the day or the previous day.

For each failure you will assign one of two reasons for the failure. "I failed because I didn't prepare" or "I prepared but failed because I Fill-in-the-blank." Once you assign a reason you will ask yourself a series of questions? Before we get to the question did you notice the only two reasons for your failure are both your fault. The most important part of this process is taking ownership of everything. Even things beyond your control. This may seem scary to some people, but there is nothing more liberating than taking ownership of your life.

Now, each failure on your list has an assigned reason "I failed because I didn't prepare" or "I prepared but failed because I Fill-in-the-blank." You will now follow the flow of questions based on your answers.

I Failed Because I Didn't Prepare

1. Why didn't I prepare?

2. What would it take to prepare to prevent this failure again in the future?

3. Am I willing to put in the work to prevent this failure again?

If NO stop. You have decided this is not important. You shouldn't spend any more time on this. You should also feel good about taking the time to consciously choose. It's ok to say no, you don't get extra credit for saying yes. What you decide is important for you to spend time on is entirely your choice. I'm only advocating you give the choice the attention it deserves.

If YES proceed to step four.

4. Refer to step two and list out the lessons and resources I need to learn. The people, things and time I will need.

5. Create an actionable plan to obtaining the skills and resources. You can refer to learning and(or) goals section.

