

The Other Side of Success: Harvesting Failure

Developing a positive self-concept is more than cultivating your successes, but also learning from mistakes.

Our failures are easily swept under the rug and ignored, but this is a dangerous practice. Instead, let's lean into our failures and harvest them for all they are worth.

For the next 15 minutes think about your biggest failures. This may not seem like much fun, but suspend your judgment for the time-being and see what happens.

In each of the spaces below, summarize these failures as accurately and honestly as you can. Then, in the lines below each description, list the key lessons you learned from each experience. Perhaps you acquired a new principle, value, or shattered an old belief or assumption. Do your best to pull from every experience. Start with your top 10, then continue to harvest any failure you can. This exercise will serve as a powerful archive to have and reflect on from time to time.

1. Failure to Harvest: _____

Date: _____ Where did this take place? _____

Details of the Event:

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Lessons Learned:

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2. Failure to Harvest: _____

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