

Why is it **GREAT** to Fail!

Failure comprises a minimum of 50% of learning. Many of the greatest inventions and success in this world are the result of “failures” or “mistakes.” If you fear failure or making a mistake, use some of the self-talk listed below to help you discover that failure and mistakes help you learn how to be successful.

1. **“I fear failing but as I do it more and more, it will no longer frighten me.”** This kind of thinking can diminish and even eliminate the fear of failing or making mistakes. To feed the fear of failure, I must think things such as, “I fear failure because if it isn’t perfect, it is no good” or “I believe one failure ruins the whole thing.” In reality, a small failure **does not** ruin an otherwise fine whole. This is erroneous thinking and prevents learning and moving beyond the fear of failure. In reality, most failures aren’t really failures. They are simply attempts that didn’t work or haven’t worked, yet.
2. **“Failures can be a warm, friendly, teacher who is helping me to learn.”** It is not a bad thing to fail at something because that is at least 50% of the way humans learn. Without failures, we learn very little. No one can avoid failures and anyone who wants to learn shouldn’t want to avoid them. Failures are inevitable but how I handle them, learn from them, and accept them is my choice therefore 100% within my control.
3. **“If I must fail from time to time to become successful. It is ok to experience failures and become successful.”** I can choose to recognize that my failures help adjust my behavior so that I learn what it takes to become more successful. Avoiding what doesn’t work is at least, one-half of the learning process. Unless I try something and discover it doesn’t work there is little chance to discover what does work. When I find what does work, I will become **SUCCESSFUL!**
4. **“Bring on the failures. I am not afraid.”** If I fear failures, I risk becoming paralyzed and too afraid to try. In fact, **everyone** has failures and learns from them. If I won’t try because I fear failure, I cannot learn what it takes to be successful. ***The more I try, the more failures I may I make but the more likely I am to become a success.***
5. **“Other people will still like me if I fail.”** Most people are not going to be mad at me or dislike me because I tried and failed. Everyone fails and truly, most people are uncomfortable around “perfect” people.
6. **“I will not die if I fail.”**  **Aargh!**

Quotes on mistakes and failure:

- **Failure is only an opportunity to begin again more intelligently.** ~ Henry Ford
- **The only time you can't afford to fail is the last time you try!** ~ Charles Kettering
- **It is on our failures that we base a new and different and better success.** ~ Havelock Ellis
- **Failure is instructive. The person who really thinks learns quite as much from his failures as from his successes.** ~ John Dewey
- **Experience is simply the name we give our mistakes.** ~ Oscar Wilde
- **Only those who dare to fail greatly can ever achieve greatly.** ~ Robert F. Kennedy
- **It is a mistake to suppose that men succeed through success; they much oftener succeed through failures.** ~ Samuel Smiles
- **Many of life's failures are people who did not realize how close they were to success when they gave up.** ~ Thomas Alva Edison
- **Success isn't permanent, and failure isn't fatal.** ~ Mike Ditka
- **You don't drown by falling in the water; you drown by staying there.** ~ Edwin Louis Cole
- **A person is not finished when he fails. He is finished when he quits.**
- **There are no secrets to success. It is the result of preparation, hard work, and learning from failure.** ~ Colin Powell
- **Failure is an event. Never you.**
- **Keep failing better each time and it is inevitable not to be successful.**
- **Never confuse a single defeat with a final defeat.** ~ F. Scott Fitzgerald
- **There is no failure. Only feedback.** ~ Robert Allen

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