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My work is my opportunity to show the tenacity of my abilities. I usually feel sad and gloomy when I fail to live up to my own expectations or that of my superiors. However, I recognize that quality work takes time to achieve.

It is important for me to realize that many notable people have experienced so-called failures in their lives: Thomas Edison, Henry Ford, Walt Disney, and Bill Gates, to name a few. These people experienced failures before achieving success, the same way in which I can view my own failings.

Failure is practice in motion. Even though Thomas Edison repeatedly failed in constructing the light bulb, he learned from those lessons to achieve his greatest, single success.

I recognize that taking the time to learn from my failures brings me personal growth and success. I know that growth involves learning and growing through the pain of failure to accomplish something great and worthwhile!

Today, I choose to accept my mistakes and failures. I take a step back and reflect on what I could have said or done differently in order to effect a better outcome. Today, I recognize that failure can actually be something positive if I use the lesson for personal growth and development.

Self-Reflection Questions:

1. In what areas of my life do I experience challenges?
2. Do I truly believe that success comes from failures? How can I put this into practice?
3. Who are some people in my life that can help with my personal growth?