

7 QUESTIONS:

Embracing Self-Care While “Failing Forward”

1. How do I typically react to failure? Do I tend to be overly judgmental? If so, what do I need to unlearn/relearn/learn in order to take full advantage of the lessons, while keeping my personhood intact?
2. What are my steps for practicing self-compassion and kindness towards myself when Failing Forward?
3. What aspects of my daily routine can I adjust to better support my physical, emotional and spiritual well-being as I Fail Forward?
4. In what ways can I incorporate mindfulness and stress reduction techniques into my life to help manage the emotional impact of failure?
5. Have I reached out to those in my support network (who have emotional bandwidth and availability) and shared my experiences/feelings regarding my recent failures?
6. Have I taken the time to dissect my recent failure(s) and identify what (if anything) worked (i.e. were there any small successes within the failure)?
7. What is my process for setting realistic, achievable goals and trying out the skills gained from failing?