

By

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Am I a Failure?

This will help you decide if you see yourself as a failure and whether you have a fear of failure.

Exercise: Grab a sheet of paper or fill out this sheet and answer Yes/No and add any description/explanation to the answers you want to.

Do you **feel** like a failure?

Does **feeling** like a failure mean that you **are** a failure?

Can you learn anything **without** failing?

Can you think of anyone who has **never** failed at anything?

Did you **try** and fail?

If you have **tried** something and failed (i.e. the outcome was not what you expected) and does that mean that you are a **failure** as a **person**, or you have tried and **failed** at **something**, or both?

Is a **failure** someone who never **tries**?

Aren't you a **hero** because you tried?

If you have decided that you are a failure because of how you answered these questions or have failed and find that it is difficult for you to see success in what you do, then on the next page is how to change this perception.

Failure to Success!

What was your biggest challenge or failure that you can think of?

What led to it being a failure?

What did you learn from that experience?

What was any positive impact from that experience?

What was your **greatest** moment? What are you most proud of?

"My greatest moment was when I..."

What specific challenges did you overcome, big or small, but especially those that seemed insurmountable, to accomplish this?

How can you use this as a motivator when you need a reminder that things are possible?