

How to fail forward

You can reflect first, make notes, then discuss, or make notes as you discuss.

1. Choose a business challenge, “failure” or “mistake” from a few months or more ago.

IMPORTANT NOTE: So that you can learn, it would be best to choose something that has an emotional charge of about 3 or 4 out of 10.

2. In one or two sentences, summarize what happened.

IMPORTANT NOTE: To support learning, keep this very brief. Example: “I bounced a cheque.” or “I lost access to business credit.” Or “I missed a client deliverable deadline.”

3. Identify some of the character strengths you brought to the situation.

4. Identify some of the specific skills you brought to the situation.

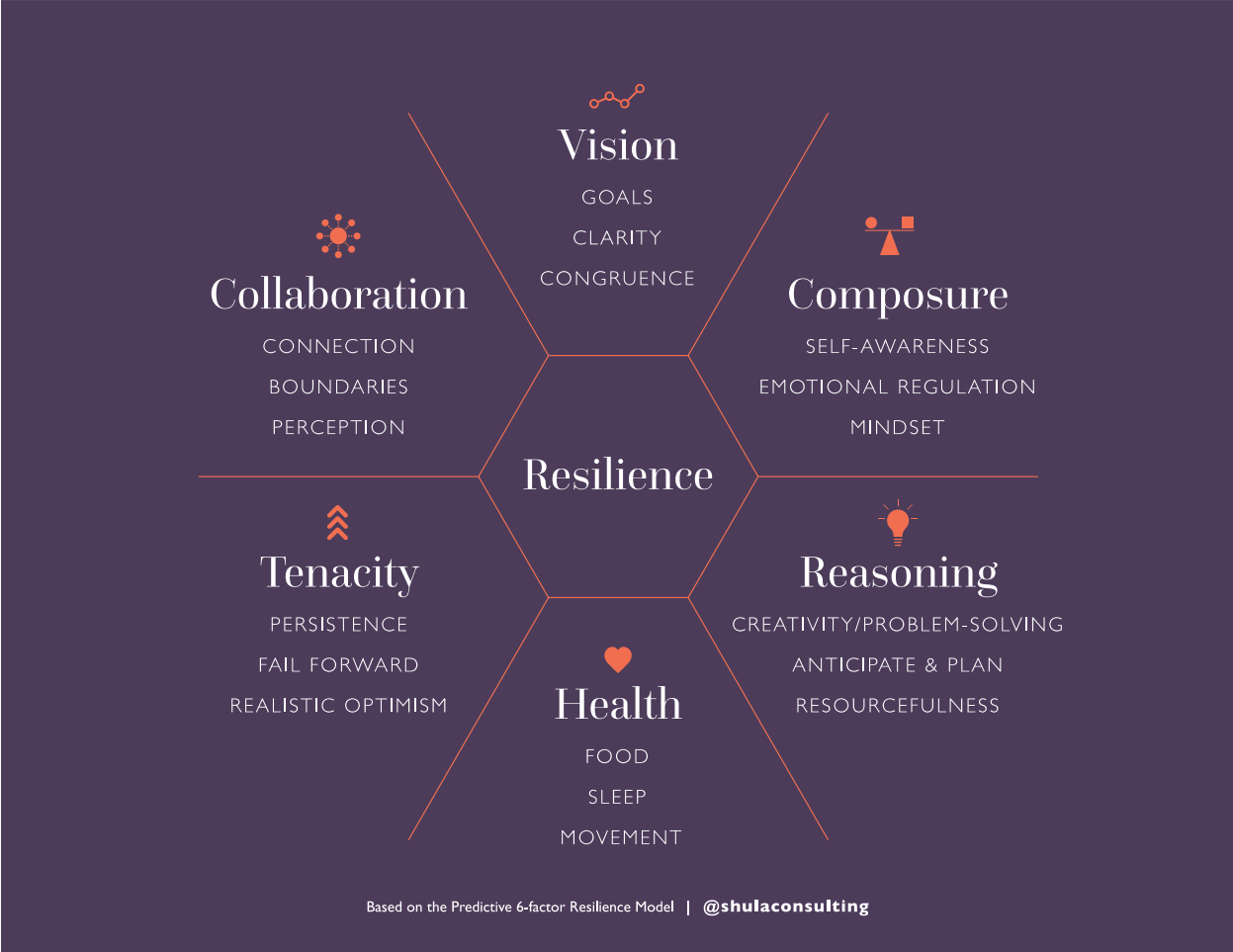
Optional questions, time permitting:

- Ask yourself how your current strengths and skills improved.
- Check in with yourself to see if you might have learned some new skills as well.
- You might also like to take time to be curious about what new information you gained from the experience.
- How might your answers above inform what you will do next?

5. Tell a new story about yourself, using the information about your skills and strengths that you have gleaned from this exercise:

I’m the kind of person who....





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