

Growth Planning Life-Skill #8

BEING ABLE TO LEARN & BOUNCE BACK FROM LIFE'S INEVITABLE MISTAKES, FAILURES & LOSSES

- ▶ It's not a matter of IF we fail or have a major loss in our life, but what we do about it WHEN we do.



MISTAKES, FAILURES and LOSSES are a natural and necessary part of learning and of simply being alive.

- ▶ When we make a mistake, fail, or experience a loss, LEARN FROM IT!! Then, visualize our next success, AND GO FOR IT!!!
- ▶ It is in these times, that we must rely on our inner faith and our people support network to move us to the next stage of our life.



- **What mistakes, failures or losses have you experienced in your life... and what have you learned from them ?**

GROWTH PLANNING LIFE-SKILL #8 ANALYSIS & MEASUREMENT FORM
Being Able To Learn & Bounce Back From Life's Inevitable Mistakes, Failures, & Losses

List 2 **PAST** situations when you (or someone you know) **did** use this Life-Skill?

1)

2)

List 2 **FUTURE** situations when you (or others you know) **could** use this Life-Skill?

1)

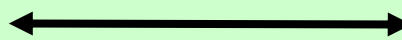
2)

To what extent are you demonstrating this Life-Skill in your everyday life **RIGHT NOW?**

I AM NOT Demonstrating This Life-Skill Now In My Everyday Life

[circle one number]

I AM Demonstrating This Life-Skill Now In My Everyday Life



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