

Overcoming Fear of Failure

A major key to keeping your desire and attitude is to audibly use self-instructions whenever you suffer any emotional pain or rejection.

1. I never see failure as failure, but only as **A LEARNING EXPERIENCE.**
2. I never see failure as failure, but only as **THE NEGATIVE FEEDBACK I NEED TO CHANGE COURSE IN MY DIRECTION.**
3. I never see failure as failure, but only as **THE OPPORTUNITY TO DEVELOP MY SENSE OF HUMOUR.**
4. I never see failure as failure, but only as **THE OPPORTUNITY TO PRACTICE MY TECHNIQUES AND PERFECT MY PERFORMANCE.**
5. I never see failure as failure, but only as **THE GAME I MUST PLAY TO WIN.**

Tom Hopkins

