



Secrets To Being Happier

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Make it Impossible to Fail

What would you do now if you knew you couldn't fail? What hopes and dreams would you pursue if you weren't thinking about what might happen if you failed?

When things go wrong or don't turn out as you had hoped, have you ever caught yourself thinking:

- Failed again!
- I'll never get it right!
- What a loser!

Is it any wonder that you sometimes feel discouraged and reluctant to try again?

Fear of failure, or fear of the criticism and disapproval that follows mistakes, can block you from going after your goals, hopes, and dreams. By "playing it safe" and avoiding dreaded mistakes and failure, you might be holding yourself back from living your dreams and becoming wildly successful.

A Bright Idea!

What if you viewed mistakes differently? When Thomas Edison was asked to explain the fact that he had failed thousands of times in his attempt to invent the light bulb, he replied,

"I have never failed even once. I have had thousands of learning experiments that didn't work. I needed to try them all to find a way that did work!"

Edison had viewed all those failed attempts as valuable lessons in a great experiment that was destined to succeed.

- What would have happened if Edison had been afraid to make another mistake after his first few attempts?
- What if he had thought of himself as a failure or a loser after his first thousand attempts had failed?

We might be sitting here in the dark right now!

Destined to Succeed

Imagine what you would be capable of achieving if you transformed the way you think about mistakes and failures.

- What if you thought of the pursuit of your goals and dreams as a great experiment that was destined to succeed?

- What if you viewed each not-yet-successful attempt as a valuable learning opportunity?

When you can let go of worrying about mistakes and failure, you can focus on your goals and how to achieve them. Without the fear of failure, you can accomplish more than you ever thought possible, and definitely have a lot more fun, too!

By making it impossible to fail, you can achieve the life of your dreams!

*If we did all the things we are capable of doing,
we would literally astound ourselves.*
Thomas Edison