

Human Resources Haskin Employability Skills Fear of Failure

"It is fine to celebrate success, but it is more important to pay attention to the lessons of failure." Bill Gates

"In order to succeed, your desire for success should be greater than your fear of failure." Bill Cosby

"Failure is the only opportunity to begin again, only this time more wisely" Henry Ford

"I have not failed. I've just found 10,000 ways that didn't work." Thomas Edison

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." Colin Powell

"Only those who dare to fail greatly ever achieve greatly." Robert F. Kennedy

Failing is a part of life. In fact, it accounts for many, many successes – for without failing, success is almost impossible. Learning how to bounce back from failure is not always easy, but it is necessary. Enthusiasm for goal attainment is a necessary characteristic for success. Failure is not something to fear but a necessary step on the path of success.

Fear of failure in the workplace is one of the main reasons people don't become successful. Some are so scared of failure that they don't bother to try. The following people kept trying:

1960s	Steven Spielberg is refused by the University of California film school.	1980	Bill Clinton loses reelection as governor of Arkansas.
1962	The Beatles are rejected by Decca Records.	1981	Billionaire Michael Bloomberg is fired from an investment job.
1977	Oprah Winfrey is fired from her news job because her stories are too emotional.	1985	Steve Jobs is fired by Apple.
		1996	J. K. Rowling is turned down 12 times for her Harry Potter book.

Can you name...

1. a famous person who was defeated seven times while running for political office?
2. a cartoonists who was told by the editor of the Kansas City newspaper, "I't easy to see from these sketches that you have no talent."
3. an author whose first children's book was rejected by 23 different publishers?
4. a famous singer who was fired after his first performance at the Grand Ole Opry?
5. a famous actress who dropped out of high school and held a variety of odd jobs, including doing hair and makeup for corpses, before finally succeeding in show business?
6. a famous author who lived on welfare for years in an apartment infested with mice?
7. a famous athlete who was cut from the varsity basketball team his sophomore year in high school?
8. an inventor who was thrown out of school in the early grades because his teachers thought he couldn't learn?
9. a famous Harvard University drop out?
10. an inventor of a fried chicken recipe that was rejected by more than 1000 restaurant owners?

How can you overcome fear of failure?

1. Accept your mistakes and move on. Stop beating yourself up and stop giving up.
2. Think about using a different strategy. What should you do differently?
3. Ask for help. It can make you appear smarter.

Action: Think of a time when you experienced a personal failure. What was the failure? How did this failure help you to become a better person, make better decisions, or succeed iin a way you hadn't imagined? Do you believe that failure is important? Why or Why not?

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Last year during a game against Lowndes we went into penalty kicks. I was one of the few chosen to take a shot and sadly I missed during the most important day of the season. After that day I worked really hard on getting my shots not only harder but more accurate. I needed to tuck it in the corner so that is what I practiced and practiced doing. Later on in the season we played Thomasville which was another very important game. Sadly we went into penalty kicks again, but I got another shot of making my kick. I went up and tucked my shot into the corner like I practiced. I know it wasn't a big failure of success but it made me appreciate every shot I am able to take. This failure of mine made me a better soccer player which is why it is important to me.

100/100

Great Job Jade! As a soccer coach, I can definitely relate to what you were going through. On a much bigger level, great job of having the courage to try again...that's much more than most of your competitors.