



#FAILUREFRIDAY

How To See Career Failures As Learning Opportunities

If you aren't falling down every now and then, maybe you actually aren't trying hard enough to challenge yourself.

By Live in the Grey | August 8, 2014

For this week's #FailureFriday, we bring you an inspiring story from Lisa Quast. As a young girl Lisa loved gymnastics, but a sudden and mysterious loss of eyesight at age 12 threatened her future in the sport she loved.

People suggested she quit but her gymnastics coach wouldn't let her. The coach recognized Lisa's passion and potential and did not want to allow this circumstance to hinder Lisa.

So everyday after practice ended and everyone else had gone home, Lisa's coach stayed to work with Lisa one-on-one for an additional two hours to help her learn how to do the routines. She knew them so well she could literally do them with her eyes closed. She learned to be conscious of where tape was on the floor of the gym so she could use that as a cue when to take leaps.

We love how Lisa relates her experience in the corporate world to her experience as a seeing impaired gymnast:

Climbing the career ladder in corporate America turned out to be a lot like what I'd experienced as a gymnast. I fell on my butt a lot and had failures along the way. But whenever that happened, I'd think about my gymnastics coach teaching me to believe in myself and I'd remember that anonymous quote on the poster in my bedroom: "If it's to be, it's up to me."

Successfully achieving your career dreams means you're going to have a lot of failures along the way. At times, you may have more failures than successes. But don't be afraid of failure – because if you aren't falling down every now and then, maybe you actually aren't trying hard enough to challenge yourself. So try to begin seeing every career failure and challenge as a learning opportunity.

Have you had enough failures in your career or are you playing it safe? Be bold and remember, risk makes life remarkable.

