



# A WEEK IN *Learning*

## ARTICLE

### TRY, TRY AGAIN

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The New Year is often a time of reflection and goal-setting. But for many, the excitement of starting fresh fades quickly, and resolutions and goals become a distant memory. If you're struggling to stick to a goal, or afraid of failing a New Year's resolution, you're not alone. A recent study found that 31% of adults are afraid of failure, making it a more common fear than paranormal activity (15%) or being alone (9%). The good news is that we don't have to let it control our lives.

Depending on which generation you grew up in, you might have heard the phrase, "If at first, you don't succeed, try, try again." This familiar line is an excerpt from T. H. Palmer's poem *Try Again*. (Click [HERE](#) to read the full poem.) Legend has it that the inspiration for this poem came from Robert the Bruce of Scotland. After being repeatedly defeated by English armies, King Robert was forced into hiding, where he took shelter in a cave. While in his cave, he encountered a spider attempting to weave its web. As the spider tried to weave the web, it would fall, climb back up, and try again each time. After trying numerous times and failing, the spider's silk finally took hold, creating a web.

It's important to recognize that failure is a natural part of the learning process. We should not let fear of failure hold us back from pursuing our goals. Instead, we should see it as an opportunity to learn. Every great achievement started as an idea, and it's the willingness to try and learn from mistakes that leads to success. In fact, many successful people attribute their success to failures. To help you overcome your fear of failure, try following these steps :

- **Re-frame your mindset**

Change your perspective on failure. Instead of viewing it as a negative outcome, see it as a learning opportunity. With every failure, you gain valuable insights and information that can help you make better decisions.



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- **Set realistic goals and create a plan**

It's important to set goals that are realistic and within your reach. Setting unrealistic goals can lead to disappointment and a sense of failure when you can't achieve them. Start small and work your way up to larger goals. Celebrate each success along the way and adjust your goals as needed. Also, having a plan in place can help you stay focused and on track. Break your goals down into smaller, achievable tasks and set deadlines for each one. Track your progress and adjust your plan as needed.

- **Surround yourself with positive people**

Surround yourself with people who support and encourage you. Seek out mentors who can provide guidance and advice, and join a community of like-minded individuals who are working towards similar goals. Having a support system can help you stay motivated.

- **Celebrate your successes**

It's important to acknowledge and celebrate your successes, no matter how small they may be. Celebrating your achievements helps to build confidence and momentum.

- **Learn from your failures**

Take time to reflect and learn. Ask yourself what you would do differently next time and use that knowledge to make better decisions in the future.

- **Don't give up**

Finally, don't give up. Keep trying and don't let setbacks discourage you. Remember that success is a journey, not a destination, and it's the perseverance and determination that will lead you to your goals.

If you're feeling discouraged, remember that it's never too late to start again. Get back up and keep pursuing your goals with determination and resilience. Embrace failure as a learning opportunity and reframe your mindset to see it as a stepping stone towards success. So, take a deep breath and try, try again. You got this!

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