

How to Catch Yourself When You Stumble or Fall

From positivityblog.com

I hope your week is going well so far.

Today I'd like to explore a common issue that many have emailed me about.

That issue is about mistakes and failures. But it is not about how to avoid those things. It is about how you handle them in a way that helps you to preserve your self-esteem and move forward when they happen.

Because if you want to go outside of your comfort zone, if you want to do things that really matter then you will stumble. You will fail or make mistakes from time to time. It is normal and it is OK.

Those thoughts above are one of the things that help me. And here are 3 more steps that I use when I stumble in life.

1. Be your own best friend.

It is OK to feel angry or disappointed for a short while. But don't fall into the common trap of beating yourself up and acting like an unkind boss towards yourself. That will erode your self-esteem. Be a kind and supportive friend to yourself instead.

Ask yourself: How would my friend/parent support me and help me in this situation?

Then do things and talk to yourself like he or she would.

2. What is the opportunity or lesson here?

A failure or a mistake is very rarely permanent. It might feel like it is. But most often it is temporary and there is something you can do about the situation.

So tap into optimism and being constructive instead of becoming passive and pessimistic.

Ask yourself: what is the opportunity or lesson in this situation?

My experience has been that there is almost always something that is helpful or good - in the long run - to find in any situation.

3. Take one small action to solve the situation or to move forward.

With your lesson or opportunity in mind ask yourself this:

What is one small step I can take right now to start solving or to moving away from this situation?

Then take that small step. And after that take the next small step.