



A CHRIST-CENTERED BUSINESS COMMUNITY FOR WOMEN

# Failing Forward

9 Ways to Pick Yourself Up  
Each Time You Fall



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**All words have meaning, especially the meaning that YOU give to them, like the words failure and success.**

If you are experiencing failure, take some time to journal what failure means to you. Here is the definition according to the Cambridge Dictionary:

1. A lack of success in doing something
2. The fact of doing something you should have done
3. The fact of something not working as it should

**Failure is not final, that is, unless you choose to stop when you fail.** In our culture of viral videos and overnight successes, the failures and struggles it took for someone to be successful are rarely shared. If you were to talk to any author, inventor, artist, or business owner, you will find that the majority failed their way to success.

**Failure is part of success.** Because we have made Christ the C.E.O. of our life and business, we can find comfort and assurance in the words of Paul in Romans 8:28:

*And we know that all things work together for good to them that love God, to them who are the called according to his purpose. (KJV)*

We know that all things work for good. This failure is an opportunity to learn and to grow in strength and character. Romans 5:3-5 reminds us:



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*But we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. Romans 5:3-5 (NRSV)*

Of course, this doesn't mean that it's easy to deal with failure, and failure should not be taken lightly. How you deal with failure, however, will determine not only your future success, but also the speed and ease in which you can achieve it.

Everyone has different coping mechanisms and ways they react to failure. However, learning the ways that more often lead you to success can help you enormously!

**Here are some tips on how to pick yourself up after you fail:**

1. **Learn from your failure.** There is a lesson to be learned each time you fail. Discover what this lesson is and keep it in mind during future attempts at success. This may mean making some technical adjustments or tweaks in your messaging. Or it may mean searching your heart and motives. ***If you don't learn from your failure, you'll keep repeating the same mistakes.***
2. **Ask for the Holy Spirit to guide you, then forge ahead.** It's completely normal to feel like giving up when you're first hit by failure. The most important part of failure is what you do afterwards.



*Our steps are made firm by the Lord, when he delights in our way;  
though we stumble, we shall not fall headlong, for the Lord holds us by  
the hand. Psalm 37:23-24*

So strive to have confidence in yourself. This experience may very well be your last step before you reach great success!

3. **Surround yourself with good people.** Congratulations! You have surrounded yourself with a powerful community of like-minded, Chrst-centered women who are here to ensure your success! It's crucial to surround yourself with like-minded and positive people. This is especially important when you're dealing with the negative emotions that may accompany failure.
  - **Positive people will inspire you to pick yourself up and go further than you thought you could go.**
4. **Set goals.** If you've failed at a large task, think about setting smaller, immediate goals. If you build your way up to completing a difficult task using small steps, each step may not feel so overwhelming. When you're finished, you'll be amazed at what you achieved!
5. **Visualize your dreams.** Fight the negative thoughts that creep up after failure by visualizing yourself meeting your goal. Take the time to picture yourself successfully going through each step it will take to reach your goal.
6. **Be enthusiastic.** When you first set out to achieve something big, chances are you approached the task at hand with a great deal of enthusiasm. If you meet failure once or even several times, it's important to maintain the enthusiastic force to give you the energy and drive to continue toward your goal. Share your failures and successes with your Audacious Faith sisters. They will keep your

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enthusiasm high!

7. **Write it down.** Keep a journal that details your personal thoughts, goals, and attempts. It will help you stay organized and focused on success. With the daily demands of life, it's easy to lose track of time. As you stay focused day-to-day, you may focus only on what needs to be done. When you journal your steps, you can look back and see the progress you have made towards your goal. Another good exercise is to write your goal on a piece of paper and place it somewhere where you can see it several times each day to remind yourself to take action toward this desire.
8. **Don't dwell in the past.** The past doesn't have to be your present or future. Just because you had a setback, it doesn't mean that it will continue to be the case. The only way to achieve your goals is to keep trying.

*Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead.*  
*Philippians 3:13-14 (NRSV)*

9. **If failure has you in its grip, think about the worst-case scenario.** What's the worst thing that can happen if you fail? Jesus has some wise words on this subject.

*Then Jesus went to work on his disciples. "Anyone who intends to come with me has to let me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What kind of deal is it to get everything you want but lose yourself? What could you ever trade your soul for?"*  
*Matthew 16:26 (The Message)*

Some people are so concerned with success that they pursue it at all cost,

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including the cost of their integrity. Others have such a horrible fear of failure that they don't take the required risks to succeed.

When you run through the worst case scenario, as in the story of Job, losing your family, home, business, health, do you really believe that will happen? And if it did happen, what then? Will you trust God that all things work together for good?

Jesus reminds us:

*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33 (KJV)*

The Psalmist also echoes:

*Trust in the Lord, and do good; so you will live in the land, and enjoy security. Take delight in the Lord, and he will give you the desires of your heart. Psalm 37:3-4 (NRSV)*

**Realizing that failure may only mean a small delay toward your eventual success can alleviate some of your fears and give you the confidence to succeed.**

## Just Keep Trying

It's likely that you can think of someone you know who set his or her mind on a goal and would stop at nothing to achieve it. It's not just some kind of story or fantasy - this could be you, too! Adopt this drive and apply it to your situation.

As you seek first the kingdom and follow the desires that God put inside of you, you will learn from and overcome failures.



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When you believe in yourself and your abilities, you'll gain the drive to keep moving forward. You'll feel unstoppable.

Remember...You are bigger, more powerful and more valuable than you have ever been taught to believe.

*Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine. 3:20 (NRSV)*

Wishing you a blessed and unstoppable day!



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