

RESILIENCY

Resiliency In The Moment: Embracing Failure



“Fail early, fail often, but always fail forward.”

- John C. Maxwell

Adopt a new perspective about failure.

1. Acknowledge the failure.
2. Determine main causes.
3. Change what you can.
4. Evaluate if the changes made a difference.

Failure is difficult. So much so that we avoid challenging experiences. Experiencing failure can strengthen us by learning from our successes and weaknesses. This learning makes us more resilient. Rather than avoid failure, find small, manageable ways to challenge yourself. Whether you succeed or fail, you will gain knowledge, insight, and resilience.

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