



**BETTER MIND**  
**BETTER ME™**  
 MENTAL HEALTH MONTH  
 OCTOBER 2022

# Embracing Failure

When it comes to failure we are faced with a choice, do we shy away from things we are afraid of, safe in the knowledge we can't fail if we don't try or do we take the chance, knowing that if we fail it is just a bump in the road towards our final destination. After all we miss 100% of the shots we don't take.

Choose one of the following new activities to try this week and reflect on your experience:

- Cook a new dish**
- Sing karaoke**
- Play a new sport**
- Set a running personal best**
- Create some artwork**
- Knit a scarf**
- Study a new language**
- Learn to juggle**
- Try a DIY project**
- Play a new game**
- Write a novel**
- Learn a new dance**



**What went well?**



**What was good about the experience?**



**How can I improve for next time?**



**What have I learnt from this?**

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*Develop a positive response to failure*

*Analyse your performance*

*Recognise the problem that failure exposes*

*Teach yourself to problem solve*

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