



Using Stumbling Blocks as Stepping Stones

Let the Light Shine In

This is achieved through the simple exercise of self-disclosure. For you to truly understand yourself, or to stop being troubled by things that may have happened in your past, you must be able to disclose yourself to at least one person. You have to be able to get those things off your chest. You must rid yourself of those thoughts and feelings by revealing them to someone who won't make you feel guilty or ashamed for what has happened.

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There are two ways to look at the world: *the benevolent way or the malevolent way*. People with a malevolent or negative worldview take a victim stance, seeing life as a continuous succession of problems and a process of unfairness and oppression. They don't expect a lot and they don't get much. When things go wrong, they shrug their shoulders and passively accept that this is the way life is and there isn't anything they can do to make it better.

On the other hand, people with a benevolent or positive worldview see the world around them as filled with opportunities and possibilities. They believe that everything happens as part of a great process designed to make them successful and happy. They approach their lives, their work, and their relationships with optimism, cheerfulness, and a general attitude of positive expectations. They expect a lot and they are seldom disappointed.

Flex Your Mental Muscles

When you develop the skill of learning from your mistakes, you become the kind of person who welcomes obstacles and setbacks as opportunities to flex your mental muscles and move ahead. You look at problems as rungs on the ladder of success that you grab onto as you pull your way higher.

Two of the most common ways to deal with mistakes are invariably fatal to high achievement. The first common but misguided way to handle a mistake is the failure to accept it when it occurs. According to statistics, 70 percent of all decisions we make will be wrong. That's an average. This means that some people will fail more than 70 percent of the time, and some people will fail less. It is hard to believe that most of the decisions we make could turn out to be wrong in some way. In fact, if this is the case, how can our society continue to function at all?

Cut Your Losses

The fact is that our society, our families, our companies, and our relationships continue to survive and thrive because intelligent people tend to cut their losses and minimize their mistakes. It is only when people refuse to accept that they have made a bad choice or decision-and prolong the consequences by sticking to that bad choice or decision-that mistakes become extremely expensive and hurtful.

Learn From Your Mistakes

The second common approach that people take with regard to their mistakes, one that hurts innumerable lives and careers, is the failure to use your mistakes to better yourself and to improve the quality of your mind and your thinking.

Learning from your mistakes is an essential skill that enables you to develop the resilience to be a master of change rather than a victim of change. The person who recognizes that he has made a mistake and changes or adjust direction the fastest is the one who will win in an age of increasing information, technology and competition.

By remaining fast on your feet, you will be able to out-play and out-position your competition. You will become a creator of circumstances rather than a creature of circumstances.

Action Idea Exercise:

Here are three steps you can take immediately to put these ideas into action. First, imagine that your biggest problem or challenge in life has been sent to you at this moment to help you, to teach you something valuable. What could it be?

Second, be willing to cut your losses and walk away if you have made a mistake or a bad choice. Accept that you are not perfect, you can't be right all the time, and then get on with your life.

Third, learn from every mistake you make. Write down every lesson it contains. Use your mistakes in the present as stepping stones to great success in the future.

(from Brian Tracy's -"The New Psychology of Achievement")