

Success

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Success

When we finally achieve a longed-for goal, we don't always experience the elation we expected. Some people report feeling a sense of emptiness because they have lost their driving force. "Arrival Fallacy" is the term used to describe this phenomenon. Viewing success as a final destination creates the illusion that we will find lasting happiness when we succeed.

efforts can achieve meaningful results.

Changing from a fixed mindset to a growth mindset, involves challenging some of your intrinsic beliefs about yourself. Do you quit when things do not come easily? Do you feel you lack the ability to achieve your objectives?



While failure opens minds, success closes them. Regarding success as a journey that has helped you develop and thrive, leads to a growth mindset because it acknowledges your struggle and the perseverance you endured to get there.

Having a growth mindset encourages you to learn and change by setting further challenges for yourself. You develop confidence that your

Here are 3 suggestions to help:

When faced with an obstacle look for ways to develop the skills to triumph.

View failure as an opportunity to learn and to try something different.

The 'how to do it' will come if you believe in yourself. Try to stay positive and focused on your objective.

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As you can see the theme this month is all about having a growth mindset.

The accomplishment of a self-created goal or purpose is a major achievement. The passion and perseverance required make us resilient and confident. It can help us to construct a positive self-image.

Failure can have the opposite affect if we accept defeat and give up on our goals. However, if we view failure as part of our journey towards our objective, then it creates opportunities for us to develop and grow.

When life gets tough try using this Winston Churchill quote for inspiration.

"Success is not final and failure is not fatal; it is the courage to continue that counts."

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