



Failure Builds Resilience

“Success is not final; Failure is not fatal; it’s the courage to continue that counts.”

-Winston Churchill

The definition of resilience is the capacity to recover quickly from difficulties. Resilience is not a skill that is learned over night, resilience is something that must be practiced, nurtured and built upon.

When failure knocks us down the hardest part begins. We have to pick up and fight to move forward. Each circumstance allows for us to come out as a different person. This is so much easier said than done. We are given the opportunity to grow even in the good and bad of failure, because when you look at the bad those are hard things to deal with but they are opportunities for us to grow and prepare for future. Failure is hard on us emotionally and socially, and it makes us feel vulnerable. Failure can be seen as a stepping stool. Without failure or disappointment, we would never be encouraged to move or grow.

We all must learn to problem solve in order to grow from failure and when we learn the art of problem solving we are able to develop other areas of our life that are key in living a fulfilled life. When we fail, if we are able to learn to problem solve, talk to trusted people about the failure), and lean into our loved ones for the support we need we can cultivate resilience from our failures. We have to let up on ourselves and remember that failure is not who we are, it is a behaviour we did. Many of the most famous people failed numerous times: Thomas Edison, Michael Jordan, Walt Disney, J.K Rowling, and the list could go on. Each of these people learned to master the art of resilience in a way that led to greatness. They were able to fail, learn, and recover quickly. Accepting that failure is a healthy part of life because it allows us to grow and build upon what we are passionate about and create something greater than we could have imagined.

With best wishes,
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