

# SECRET TO SUCCESS REFLECTION

## ACTIVITY

### Time Needed

40–60 minutes

### Materials

Digital device to access articles or print version

Note-taking supplies

List of questions (below)

### Activity Description

It is human nature to have a fear of failure, and that fear can stop us from trying new things or taking risks. It's important to note that failure can help us learn and grow. And while rejection, disappointment, and frustration can lead to challenging emotions, we need to develop resilience so we can learn from our most challenging experiences, overcome them, and be stronger as a result of them. Resilience is something that can be cultivated and nurtured and needs to be practiced. This activity is designed to help you think through what it means to learn through failure and how to make the most of the experience.

### Suggested Steps

1. Read [What if the Secret to Success is Failure?](#) and [How Parents Are Robbing Their Children of Adulthood](#) in the New York Times.
2. Discuss the following prompts or write a written reflection:
  - What struck you most in the articles?
  - What did you find surprising?
  - What rang true for you on a personal level?
  - What failures have you faced well?
  - What failures have you struggled to face?
  - What were you reminded of or did you learn that you can apply in your life?
  - How does facing failure relate to finding and engaging in a natural high?
3. What is one goal you have worked toward and experienced some failure with in your process? What is your next step toward this goal and when and how will you take that next step?



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