



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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“6 BENEFITS OF FAILURE”

❖ If you're a perfectionist, this list is for you.

Most people know it is okay to fail occasionally but perfectionists have a hard time accepting this.

Try focusing on what you achieve when you fail.

1. **FAILURE** gives you a new perspective on yourself and everything else you do.

It can actually be liberating to fall, pick yourself up and discover that the world is still turning.



2. **FAILURE** gives you the freedom and motivation to strike out in still more untried directions.

When you realize that failure isn't fatal, you're more willing to take risks and try new things.

I **FAILED** my exam
IN some SUBJECTS
BUT MY **FRIEND** passed
Now he's an engineer
in *Microsoft*
and I am the
OWNER
- Bill Gates
loriz ikasyou.tumblr.com

3. **FAILURE** gives you a better understanding of others.

Most people fail sometimes, so why shouldn't you know how it feels? Plus, when you fail at something that other people can do, you start seeing them differently.

You realize there are many ways to succeed and many types of abilities – some of which you have, some of which you may never have. Your focus becomes less narrow.

Failure is **not**
falling down but
refusing to get
up. -Chinese proverb

4. **FAILURE** gives you permission to do less than your best at something else – and something else after that.

You get more done. You're less likely to procrastinate.

5. **FAILURE** teaches you that there are degrees of accomplishment.

It's not an all-or-nothing proposition. You don't have to be the best to learn something and have fun.

6. **FAILURE** teaches you that not succeeding can be normal.

And necessary. And even desirable. You can learn a lot from failure – but you have to be willing to fail.

“I can accept failure, but I cannot accept not trying!”

- Michael Jordan

* Life Skills Peer Education Series

Courtesy of Angel Colon and Stuyvesant High School's SPARK Program