



# DIARY OF A FAILURE

**Skills**

**Observation,  
data collection,  
reflection,  
analysis,  
evaluation**

Everyone fails, no matter who they are. There are many reasons for failure. Over the next week, keep track of your own failures on this table, then use it for the analysis on the next page.

	Example	MON	TUES	WED
List your failures	Woke up ten minutes later than alarm; missed the deadline to get my report handed in			
How do you know they're failures?	Didn't meet my goals, and didn't follow through on my agreement with others			
How did you respond to them?	I told myself tomorrow is another day and I can start fresh, I told myself to try to accept that I'm not good at getting up in the morning; I apologized to my teacher			
List any failures you noticed in others	My brother had a tantrum and slammed his door; I read in the paper about a teacher that swerved to miss a squirrel on the road and hit a tree			



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	THURS	FRI	SAT	SUN
List your failures				
How do you know they're failures?				
How did you respond to them?				
List any failures you noticed in others				



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Take a look at the failures you listed. How do you define failure? By your own goals, the expectations of others, or some other way?

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Do other people have failures? Are their failures different than yours? If so, how do you know?

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Is this statement possibly true? "I'm a failure". If not, why not. If so, under what conditions.

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How do you deal with failure?

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How could you improve how you deal with failure?

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Comment on this statement:

Failure is not important; how you deal with failure is important.

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