



# Success and Failure

Failure is not as bad as giving up something you love.

Robert Holden  
Authentic Success

Some of your greatest advances you have judged as failures, and some of your deepest retreats you have evaluated as success.

[A Course In Miracles](#)

Before we take a look at what success means to us, an exploration of our relationship with failure is very beneficial. Ask a person what they want and they'll often tell you what they don't want. Knowing this can then mean we turn 180° and develop an understanding of where to from here. It's also very wise to look into failure because beliefs in this area will determine any limitations to success.

## Failure Policy:

Every person over the course of their life has developed a Failure Policy based on their experiences, conditioning, inherited beliefs etc. A failure policy determines the level of perceived 'risk' a person is willing to sustain in their achievement of crafting their desires.

Bring to mind a failure in each of the following:

### Your Work:

Detach from the story and simply feel the emotion that underlies this failure. What are you feeling?

What lesson did this situation present?

What do you need to do to integrate this lesson into your life?

**Your Relationships:**

Detach from the story and simply feel the emotion that underlies this failure. What are you feeling?

What lesson did this situation present?

What do you need to do to integrate this lesson into your life?

**Your Life:**

Detach from the story and simply feel the emotion that underlies this failure. What are you feeling?

What lesson did this situation present?

What do you need to do to integrate this lesson into your life?

What insights do you gain from doing the above exercises:

## You and Success:

Reflect back on your life to date and write a short story about your relationship with success:

What do you consider the key aspects of success for you?

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When looking at success it is important to remember that success in one area of life doesn't automatically transfer to success in all areas. To achieve the level of integration required to attain success in all areas requires conscious engagement.

## Relationships

What is truly **important** for me in my relationships?

What do I define as Being successful in my relationships?

Reviewing what you've just written, what obstacles are you currently feeling towards attaining this reality?

What do you need to do to flip these obstacles into a springboard to achieving your desires?

## Health

What is truly **important** for me in relation to my health?

What do I define as Being successful in relation to my health?

Reviewing what you've just written, what obstacles are you currently feeling towards attaining this reality?

What do you need to do to flip these obstacles into a springboard to achieving your desires?

## Professional Endeavours

What is truly **important** for me in relation to my professional endeavours?

What do I define as Being successful in relation to my professional endeavours?

Reviewing what you've just written, what obstacles are you currently feeling towards attaining this reality?

What do you need to do to flip these obstacles into a springboard to achieving your desires?

## Spirituality

What is truly **important** for me in relation to my spirituality?

What do I define as Being successful in relation to my spirituality?

Reviewing what you've just written, what obstacles are you currently feeling towards attaining this reality?

What do you need to do to flip these obstacles into a springboard to achieving your desires?

## Affluence

What is truly **important** for me in relation to affluence in my life?

What do I define as Being successful in relation to my connection to affluence?

Reviewing what you've just written, what obstacles are you currently feeling towards attaining this reality?

What do you need to do to flip these obstacles into a springboard to achieving your desires?



## Living My Truth Successfully:

Now allow yourself to reflect on the journey you've taken above and write your new success story:

What do you consider the key aspects of success for you?

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**Put this page in an obvious place for the next couple of weeks so you can continually see and absorb it into your everyday reality.**

Much love