



An InnovatorsBox® Innovation Worksheet

How to Recover From Failure

Regaining Your Creative Courage

Doing anything new is risky and scary. Even when you take a calculated risk and have a plan, rejection and failure can be inevitable. **How do you pick up the pieces and move on when something goes wrong?** If we do not know how to move on from failure and rejection, we are letting our pasts prevent us from taking risks

and becoming our best creative selves. We know recovering takes time and trying something new takes creative courage. This worksheet provides guided questions for you to reflect on past rejection and failure and to help build your own creative courage.

- 1) Understanding our feelings can help us process failure or rejection. Instead of repeating how it happened, reflect on the 'why' behind your reaction. Why do I feel hurt by this experience? Why do I feel like I failed? Why do I fear something like this happening again?**

- 2) Failure can be a great teacher. Thomas Edison said, "I haven't failed once. I've learned ten thousand things that don't work." What can I learn from this experience and what will I do differently next time?**

3) Failure can also make us stronger. In what way will this experience make me stronger, braver, and more resilient in the face of future challenges?

4) What can I do differently next time to improve how I handle failure or rejection? What are things I can do that are in my control? What are things that I should worry less about that are not in my control?

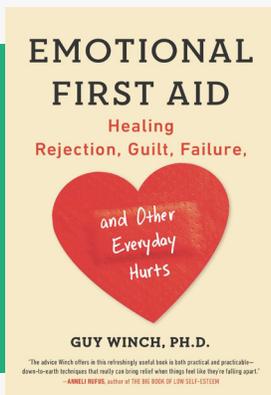
<i>Things I can do differently in general:</i>	<i>Things that are in my control:</i>	<i>Things that are out of my control:</i>

5) Knowing how to heal is important, no matter the size of your wound. What are three healthy things I can do when I want to move on from rejection or failure? For example, who are people I can talk to? Can I journal or do creative exercises to regain my creative courage?

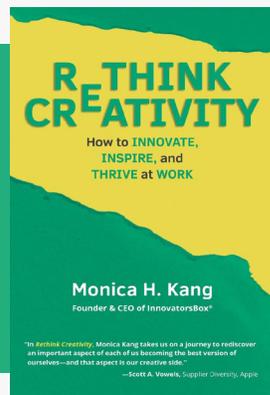
- 1.
- 2.
- 3.

Use this space to write or draw any additional feelings you may have about failure or rejection.

Failure may be inevitable when being creative, but that does not mean you should not take the time to heal. We hope these questions help you reflect and refuel your creative courage as you march forward. For further help, reach out to your psychologists, therapists, mentors, and friends.



Recommended Reading:
Emotional First Aid: Healing, Rejection, Guilt, Failure and Other Everyday Hurts
by Dr. Guy Winch



Recommended Reading:
How to Innovate, Inspire, and Thrive at Work
by Monica Kang

NOTE: InnovatorsBox® understands that working through rejection and failure can be more complicated than a worksheet. This is not intended to be in lieu of any mental health services you may need. If you are in need of additional support, please find a psychologist, therapist, or specialist for further help.

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