# How to Examine Your Failure and Use it as Inspiration

Sometimes, when we fail, it can feel like the end of the world. None of us like to be told that we are doing something wrong. None of us like to experience setbacks in our plans. It can make us question our self-worth, and make us feel as if the things that we want to achieve are either out of our reach or simply stupid and challenging.

However, failure serves a very important function in human development. Without failure, we would never know what path we need to take in order to truly succeed. If everything was easy for us, then we would never learn. Everything in our paths would be laid out for us and we would never develop emotionally, or mentally. What a boring world that would be!

Fortunately, failure comes regularly to most of us, but it is how we choose to view it that truly separates those who are able to rise from the ashes from those who are prone to Wally and their setbacks and never making any progress. If you want to take a step forward in your life, you need to be able to understand that failure comes naturally, and you will need to learn how to use it as inspiration rather than as a reason to believe that you are worthless.

Inspiration comes in all forms. Most of us find inspiration from things that we enjoy, not from things that hurt us. However, when we are able to look at failure objectively, we will see that it is the easiest way to examine a situation from all angles. It is a gift that nature gives to us, so that we can become the greatest versions of ourselves.

To begin examining your failure, first you must accept that it has happened and understand that your feeling about the situation are legitimate and you are allowed to feel them. Once you have processed them fully, then it is important for you to look at things in a constructive late. Inspiration is a great motivator. When we are inspired, we are charged up and ready to create whatever changes need to be made in order to get us closer to our goals.

For this to happen, consider getting a gratitude journal. Any type of journal will do, it doesn’t have to just be a gratitude journal. But gratitude journals can be exceptionally useful in this endeavor. You will want to look at all of the things that you have learned and doing so in writing is a great way to really look inward and be introspective about your experiences.

Writing about your failure and asking yourself important questions, like why did my failure happen, who was affected by my failure and how, how I was affected, and what opportunities may be hidden, or even asking yourself what could have been done differently, are all great ways for you to start thinking about a plan B and getting yourself inspired to take the next step forward so that you can rise from the ashes!