



## Bounce Back From Failure – From Assessment to Positive Affirmations

How well do you bounce back from failure? How resilient are you? Here are two tools.

1. The first is an external tool to enable you to assess your [level of resilience](#). After assessing your resilience level, return to this page to review the second tool.
2. The second tool is a set of **positive affirmations** based on Swamiji's teachings.

Positive Affirmations to Bounce Back From Failure
I understand that Failure is an inevitable part of life. It is how I respond to it that truly matters.
I remember that failure is not the end but an opportunity to learn, adapt, and bounce back stronger than ever.
I believe that failure is not a reflection of my worth or potential but a natural part of the learning process. Every successful person has failed many times in their journey.
When I fail at anything, I acknowledge and accept it, and devise a game plan to bounce back.
I gain strength from failure by approaching it with a curious and open mindset.
I identify specific mistakes that led to failure to avoid repeating them in the future.
I reflect on my failure to gain insights into developing a strength-based mindset.
I conquer fear and self-doubt by reframing failure as a learning experience.
I know that failure is just one nodal point in the journey of life and that adversity leads to the kind of inner growth that would not have been possible otherwise.
I draw inspiration from people like Dr. Abdul Kalam, Elizabeth Murray, Soichiro Honda, Thomas Edison, etc. who reframed failure with a positive mindset.
I stay resilient by perceiving failure as a temporary setback rather than a permanent defeat.
It is my resilience that helps me to maintain a positive outlook and motivates me to recover.
I am focused on a growth mindset. I believe in my ability, intelligence, and quality of effort to learn and improve my skills to dedicate and persevere to be successful in life.
I reassess the viability of my goals to fill the gap in weaknesses that led to failure.
I solicit support from a well-wishing mentor to receive honest opinions and constructive criticism to help me improve in all aspects of life.



<p>I stay connected with my network of like-minded people who provide encouragement and guidance and help me to be accountable toward keeping a positive and growth mindset.</p>
<p>I exercise 4-5 times per week to relax, recharge, be resilient, and sleep well. I also engage in fun activities by myself or with others to keep things in perspective.</p>
<p>I believe that God sends difficulties in life to help all of us to grow from within. I have faith that God and Guru are with me during my trials even if I do not see or hear from them.</p>
<p>I am capable of tolerating discomfort knowing that it will make me resilient in the future.</p>
<p>I perform all my work for the pleasure of God and Guru and joyfully accept both positive and negative fruits as the will of God. This helps me to stay calm and take difficulties in my stride.</p>
<p>I remind myself daily to do my duty purposefully but not get attached to the outcomes because the results of my actions are for the pleasure of God and Guru alone.</p>
<p>I engage in daily sadhana to connect with God/Guru to purify the mind. I practice guided meditation, read/listen to divine knowledge, chant the glories of God, and contemplate my thoughts and actions.</p>
<p>I believe that a reversal is God's blessing in disguise designed to help me elevate spiritually by taking responsibility for my actions without any bitterness.</p>
<p>I revise the divine knowledge on the six principles of surrender daily to learn application.</p>

If you need to speak with anyone about this topic or your practice, please feel free to contact us at [sampanteam1119@gmail.com](mailto:sampanteam1119@gmail.com). Please also give us some time to respond. Thank you.