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**WHAT I DO WHEN I FAIL**

**Introduction:**

Failure is a part of life in which we live. We failed in so many things you can’t even visualize, and we do that again and again, but these failures we have are a step towards success we admire. Failure just not let down our hopes, but it powers up our necessity for success. So, consider some things if we fail what should we do

I get down on myself, feel guilty, try to avoid thinking about it, and would rather hide it from everyone else. Failing at things can suck. And yet, I get back up and try again. I fail at eating healthy regularly, but I keep trying again, but I failed and tried again, regularly, for years. When you are rigidly trying to stick to a plan or achieve a goal and things don’t go according to plan, and things can get derailed. But if you have a more flexible mindset, and think, I might not be able to go according to plan but that’s OK because things change, Help is often the best possible way to get out of failure, if we feel descend and low on mood, after our failure asks for help. If we think we cannot do things and we might fail, ask for help. It will enlighten some hope of success after a failure. When we fail; we feel more demotivated and useless. We think we cannot overcome that failure. We started to believe we are useless and a “letdown” in our life and get demotivated. As it will not solve our problem start thinking about what things can improvise the failure you achieved and reverse that into success. Bring motivation and gain success.

**Conclusion:**

So, considering this if I fail how should I take my failure to a path of success? Being fail is another chance for you to prove everyone wrong that you failed. To make this opportunity the best and never let your hopes down and don’t give up.