

Don't Focus on Failure

Internal defeat is a mindset, where you begin to believe that most new ideas will fail. You might think -"After all, what I tried in last week's Yoga class, failed."

You will always learn from mistakes. When you see them clearly as a test, examine the results, and study them closely for the reason why they went wrong.

Whether it is a lesson plan, trying mantras, Hot Yoga, Gentle Yoga, a pro shop, or trying anything new, it is better to make mistakes than do nothing at all.

Some of the most successful Yoga teachers, I know, deal with mistakes as part of the learning curve. They turn all of their defeats into learning experiences. This is extremely powerful when you consider the cost of learning anything of value.

After all, what did you spend on your education, so far? Did you think you would stop learning at a certain point in life? Did you learn from your past mistakes? Of course you did, and now you are stronger due to the corrective adjustments, you have made.

When a child learns to ride a bicycle, there are plenty of falls along the way, and then the falling stops. However, even skilled adults fall off bicycles, sometimes.

So, don't take past failures personally. Put them behind you and learn from each one.

Henry Ford and the Wright Brothers had failures, but nobody seems to remember that. Just like them, you are not a failure, but you may have failed in the past, just like they did. When you get down on yourself, look back at what you have accomplished.

When you take on your next project, do the research first, assemble a team, make a full commitment to succeed, and never mentally quit before you start.

Lastly, whenever it is possible, learn from the mistakes of others. This is why Yoga businesses approach me for consulting services: To save money by avoiding known mistakes, pitfalls, and traps.

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About the Author

Paul Jerard, is a co-owner and the director of Yoga teacher training at Aura Wellness Center in North Providence RI. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors in Providence. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher.