

| What was the Failure? | WHAT DID IT TEACH ME? | Pattern Interrupt |
|---------------------------------------|--|---|
| <i>How did I fail (big or small)?</i> | <i>What did I learn (that I don't have to repeat)?</i> | <i>How will I recognize it next time? What behaviors should alert me to my pattern?</i> |
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It's not a failure, it's a lesson.

"Failure is success when we learn from it." – Malcolm Forbes