

Stumble

We all stumble.

We all get off course and back on course.

It is what you do with the stumble that counts - not the stumble. The stumble is part of the lesson.

I stumbled. I am behind on my goals, and I am frustrated with myself. How often have you said that to yourself?

You stumbled, I stumble, and we all stumble. There is nothing wrong in stumbling, and there is no reason to be upset with yourself.

The issue is what you are going to do about it. If you are going to sit, feel bad for yourself, and feel unworthy, you will not succeed. Knowing that you have stumbled is a great sign. It is a sign you know, you understand, and it is the knowledge with which you can move forward. Yes, knowing is a great sign. With the knowing comes the opportunity to create and move forward.

It is all about the now. The past is history and can and should be used to guide us forward rather than holding us back. If we take the lessons from the past and apply them today, we will be less likely to make the same mistake again. The past lessons, if we use them, help us to do better today.

The only possible chance you have of failure is if you stumble and do not get up and move on. To stumble is to be stopped in the moment to see what needs to be done to succeed. Yes, the stumble is a sign to help you get back on track and is helpful. Pay attention.

When you stop to take a close look at your stumble and lack of being on target, you will see why. You might have simply changed objectives as something more important came up and you can acknowledge that and keep going. It is not uncommon to have a family emergency which is more important. If so,

change the due date of the goal, knowing you did what was proper for you.

Perhaps you stumbled because you did not have the training needed, the proper tools, or the proper team. All of these things can be acquired, and it is good that you saw the needs and were able to address them. The sooner the issues are addressed the better.

Yes, you might have found that you just spent too much time in front of the TV or playing. Well, how much is enough is for you to decide. If you feel you stumbled you may not be satisfied with your actions. Dissatisfaction is the first step in change. Give yourself credit for seeing the need to change and then changing.

See the positive side to a stumble and use it to your advantage.