

Failing Forward “Wellness Matters”

By Lisa Schilling

It is important to allow yourself and those you care about, to fail-forward. Often you limit people when you warn them about all of the possible reasons they might fail. If someone steps out in faith, you owe them the opportunity to fail in the pursuit of their goals.

When a person attempts something and fails, they learn a valuable lesson in what does not work. This gives them the knowledge they need to re-tool and try again a new way that might work. When you do not encourage the pursuit of someone’s goals, you limit them to small thinking. This can result in discouragement and unfulfilled needs.

It is vital to encourage creative pursuits and nurture the development of talents. Michael Angelo did not start out making masterpieces. If people chose to discourage him or criticize his talent in the beginning, he might not have gone on to fuel his passion and create his dreams. It is important to realize that whatever someone creates is subject to opinion.

What one person sees as genius, another might see as ridiculous. Those who create should not limit themselves because of the opinions of others. They should be encouraged to do what they love and do it as much as possible.

The result of this could be that they choose to take steps forward and dream big. When the source of their passion is fueled and supported they will create true artistry. It will be artistry because it was created from a pure source, not shaped by the opinions of what some people might think of it.

Be cautious when nurturing creative pursuits or assisting people to realize their talents. Try not to put limits on it. After all, in life there are no crystal balls. You never really know what others may see in the work, even when it seems you know the obvious conclusion. By supporting the creative pursuit you can encourage the talent without having to endorse the project.

All constructive comments are irrelevant to the outcome they will emit. Being creative is an unusual state of being. Those who are more analytical many not understand how it works.

Therefore it is even more vital to provide support, encouragement and acknowledgment versus criticism and attempts to be realistic about chances of reaching goals.

When a person expresses interest in pursuing goals and makes attempts to reach them, honor the effort. Allowing them to either succeed or fail, gives them the ability to reach their goals or fail-forward. Worst case, they will rule out something to not do the next time.

Questioning them or expressing doubts, can cause them to question their passion, their purpose and their ability. That is very harmful to the creative process and does not allow the person to evolve forward. Understanding how the creative process is different from the analytical process is important to create healthy partnerships and promote success for all involved.

Passionate creative people promote change and facilitate the expansion of ideas and new ways of thinking. Helping them to grow and expand their talents can be a benefit to everyone. A talent left unexplored is a huge waste and can lead that person to feel something is missing in their life. We are all created with talents, some are conventional and some are unseen traits. Certain types of talents are easy to spot while others may be more difficult to uncover.

No matter what the special talent, without expressing it there will never be fulfillment in day to day life. Often helping others find and develop their talents can be what it takes to find and uncover your own. Be aware of the type of person you are and surround yourself with people who nurture your spirit and your gifts.

Do not allow people’s opinions to limit your dreams. Do not be content to think and live small lives. Think and live big, then act to achieve your dreams. Do not give up over failures, get up and create a new vision and plan. Then most importantly ACT to achieve it.

Being healthy is more than just a physical state. It comes from your mental and emotional wellbeing combined with the physical. Being allowed to express yourself, or allowing others to do so, is healing and promotes total wellness. For total wellness, look for ways you can support others at the same time you nurture your own talents and inclinations.