



You Win or You Learn

NAME:

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This worksheet is a supplement training guide to “**You Win or You Learn**” video published on August 29, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

We all want to win as there are plenty of benefits to winning, no matter what level. But losing can be overlooked by some. On the surface, losses might seem like the end of the world, however, below the surface they present you with the perfect opportunity to learn, to grow and to improve yourself. Loss and failures are powerful learning mechanisms. When handled correctly, they offer important building blocks for future growth.

Think back to all your losses and consider how they have strengthened your will, ability knowledge, personality, and character. Losing is learning. It is even valuable. However, for them to be of value, you must first see them as a beneficial and critical part of your life that you cannot avoid and must instead embrace with open arms. Who knows, your biggest losses could end up turning into your most glorious victories, as long as you are open to growing and learning from the experience.

When you 'lose', do you make it sure that you also 'learn'? If you do, what did you learn?

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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