

Why Failing Is Good

What! Surely I'm not encouraging you to **fail** am I?

Not at all, but there is something that you need to know about **failure** that can really change the way you look at your badminton.

I found it made me a much **better player**, able to keep going and improve a lot lot quicker than the way I regarded failure before ever let me.

I was always the kind of person who was good at most things, and not necessarily used to failure.

So when I tried something new, there was a good chance that I would have some modicum of **success** with it.

But if any kind of failure occurred, I would give up, saying it wasn't for me.

To relate this to **table tennis**, I found that I would start the game in a very good state of mind, and this state of mind would continue until I made a **mistake**, whether in the first point or the fifteenth (rules changed now)(that didn't happen very often!).

On the first mistake, my **confidence** would take a little battering, but I would **continue**.

And what I found when I started to analyse my game more was that each mistake, each shot that went out, or into the net, was **eroding my play** a little bit, because I was regarding them as failures.

It was as though I had a '**full tank**' of ability at the start of the game, and each mistake drained that tank in my mind just a little, making me play a little bit worse.

It was only when I changed my **attitude** towards **failure** that I managed to keep that 100% play up all the way during a game (and that makes a REAL difference!). That was before I damage my back).

My attitude to failure became:

"**Failure** is natural; **failure** is not evidence that you are no good, rather it is an excellent chance for you to **learn** from what is going wrong and move on. The more you **fail**, the more you **succeed!**"

Again, we go into this in much much more detail later on, but I will say this here.

Say you hit a smash into the net. Most of us would view that as **bad**, and move onto the next point in a **worse state** than before.

But if you can view that bad smash as a **good** thing, a chance for you to realise what is going wrong, you will go into the next point in a **positive way**, and keep that positive attitude throughout the game.

Can you see what a **difference** to your **Table Tennis** THAT would make? I already found out the difference when playing against you.

Until the next session play Wright.