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Five (5) Powerful Tips for Making Setbacks Your Biggest Comebacks

I daresay we have all had our fair share of disappointments, setbacks and adversities and it's safe to say in time to come we'll experience more of the same. Whether it's the sting of an awful performance review, the disappointment of losing out on a plum work assignment, or a sale that fell through at the last minute who can forget the hurt?

In hindsight, it's easy to connect the dots that led to the awful misadventure, and the hard truth is they now appear as mistakes that could have been avoided. Sage advice says, "that which doesn't kill us, makes us stronger." However, rest assured that setbacks can make us stronger only if we intentionally learn from them.

But how can we learn from mistakes when they haven't yet happened?" Having journeyed through my own share of setbacks I have found that such experiences can be transformative when used as a tool to inform our future decisions.

And now from the school of hard knocks and lessons learned, here are my top five (5) tips for transforming setbacks into powerful comebacks:

1. **First off, accept the notion that the path you're on is only an experiment.** A life experiment in which you are chief scientist. Therefore, adopt the mindset that regardless of your desired outcome, this experiment will produce its fair share of results that can either be viewed as mistakes or opportunities for growth.

Before making any major decision or taking an action, clearly outline in a document, your why, how, and when and your benchmarks. As with any experiment, you already accept that some aspects will work to your satisfaction and some will fail miserably. However, just because some actions fail doesn't mean that the entire experiment is flawed and needs to be abandoned, but rather events that don't pan out are weak links that need adjustments.

Viewing your project as an experiment takes the edge off getting every aspect perfectly right, and incremental changes will seem more palatable to make.

2. **Take the responsibility for dealing with mistakes away from your emotions** and put your scientific brain in charge of the process. While your emotions may conjure up thoughts of shame or guilt, none of these will contain the antidote needed to neutralize your feelings let alone fix the problem.

Set aside your emotions. Our emotions aren't always reliable. They are fragile, prickly and often unpredictable. Please understand that I'm not saying that emotions aren't important. However, in many cases emotionally driven responses to problems can often make a bad situation worse.

3. **When setbacks strike, use hard facts (not assumptions) to re-assess** the meaning behind why your project has stalled out or taken a wrong turn. In such instances, it can be easy to resort to an emotional response when logical reasoning is what's needed.
4. **Use mistakes as a tool**, the way you would use a sparkling mirror with good lighting. Look at what's working, what's not working, and what needs adjusting. Treat mistakes as temporary markers pointing towards the fact that a new approach is needed. Remember, they can only become permanent blocks if we allow them to become such.

Yes, I know when mistakes strike our lizard brain wants to feel injured through the lens of shame, guilt, or inadequacy. But those are just emotional labels we attach to events when they don't go our way. And we can just as certainly un-attach those labels and create new tags that will allow us to handle those events in more purposeful and creative ways.

5. **Lastly, learn to trust your own judgment.** Cancel your subscription to other people's opinion of you, the path you've chosen, and the choices you're making. You ought not to depend on the opinion of others to decide how you handle the mistakes that pop up on your journey. Develop your own capacity for good, sound decision making.

I get it! No one likes to experience disappointment, failure, rejection or betrayal. Whether the result of an unintentional mistake or a random fluke, it all feels bitter the moment it happens. However, if you are willing to face adversity with the belief that you are indeed stronger than the momentary pain, (and I believe that deep inside you are stronger than the event that has caused the setback) you can indeed emerge stronger on the other side.



Nikki Chaplin is a personal development coach known for the transformation she brings to her clients. Her no-nonsense approach to uncovering career blocks and releasing paradigms is arguably one of the most effective approaches in helping those who are stuck break free and advance to new levels of achievement.

As a special thank you, you're invited to take advantage of a limited time offer of 50% discount off the: **Transform Your Life in 21-Days** course by hopping over to – www.nikkichaplin.com.