The season of failure is the best time for bowing the seeds of success. — Paramahansa Yogananda

**THE SEASON OF FAILURE**

The best among us have failed, but have managed to stay resilient because of how they've chosen to view, understand, and respond to the emotions that arise during failure.

---

**THE EMOTIONS STUMBLING FROM FAILURE TEACH US RESILIENCE**

Fear is not the only barrier to success, it’s stopping short where it’s already won—don’t stop now!

**THE ANATOMY OF FAILURE**

**USING EMOTIONS TO BOUNCE BACK FROM ADVERSITY AND DEVELOP RESILIENCE**

Failure is the condition that gives you success. — Thomas Edison

**THE STRUGGLE MAKES STRONGER**

Failure is not the outcome of success, it’s stopping short where it’s already won—don’t stop now!

**WAYS TO BE A RESILIENT LEADER**