

Failure: A Stepping Stone On The Pathway To Success

BY VAL FARMER

Many people don't know what to do when they fail. Does it mean they have failed? How do they know if it's a success? Is finishing in second place a failure? Is finishing last and learning an invaluable lesson a success?

Here are some guidelines to help tell the difference between success and failure:

- Measure against one's standards. Success is knowing how well we have done when comparing our performance to our capabilities. What most athletes want is to give their best performance. Some people turn success into failure by comparing themselves to others. How others do is irrelevant when one has done his or her best. There are many private victories well away from the victory stand.

- Learn from defeat. One doesn't learn from success: Success is built on failure. Detection of what is false directs us toward what is true. Failure humbles us. It opens us up to rethink our assumptions and to learn something new.

Success comes from making mistakes, from falling short, and then recognizing and correcting errors. True failure takes place when we don't learn from our experience and mistakes. Failure is good when we learn from it.

Would we trade our failure experiences? Most people wouldn't. It would be giving up precious knowledge earned at a high price.

"One never learns by success. Success is the plateau that one rests upon to take breath and look down from upon the straight and difficult path, but one does not climb upon a plateau." - Josephine Preston Peabody.

- Know where you are going. Success takes time and purpose. Time will be the ultimate judge of success. Many times we can't judge the outcome of our efforts until we see how things turn out.

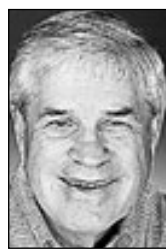
"The man who succeeds above his fellows is the one who, early in life, clearly discerns his object, and towards that object habitually directs his powers. Even genius itself is but fine observation strengthened by fixity of purpose. Every man who observes vigilantly and resolves steadfastly grows unconsciously into genius." - Bulwer.

- Try something hard. Many people hold back because of fear - fear of making mistakes, fear of what others might think. There is value in trying. Even failure may be seen as success.

"They never fail who die in a great cause." - Byron

- Just do it. How do we know what we are good at and what we enjoy unless we try? To try your best and fail is to learn something valuable. Once we start, the pathway to learning begins. Most failure is failure to start.

- Persistence makes it happen. Success is believing in what you are doing and persisting with great determination until it pays off. It takes great inner faith, vision and confidence to stick with a good idea or dream when the outcome is doubtful. The vision of where one is going is



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clear. The journey is long and hard. Steps are taken one at a time. Failure is giving up too soon.

"Failure establishes only this, that our determination to succeed was not strong enough." - Boyce.

- Success can come from letting go. Life is built on a series of missteps, false starts and blind alleys. Failure is foolishly hanging on to something that is not working when the evidence is there that it won't work.

The difference between failure and success is not letting our hopes, dreams and emotions blind us to reality. Successful people have common sense, fools don't.

Success is learning about ourselves, accepting limitations, finding our special gifts, and letting go of what cannot be.

Success grieves and starts over with attainable goals. Some goals are impossible or become impossible. There are forces beyond one's control.

"Failure is often God's own fool for carving some of the finest outlines in the character of his children; and, even in this life, bitter and crushing failures have often in them the gems of new and quite unimagined happiness." - T. Hodgkin

- Be faithful to inner convictions. Success is being faithful to that inner voice that tells us to live up to the principles we believe to be true. That voice buried within us resists being clouded over with rationalizations or a willingness to settle for an inferior life. We heed its call and return to the truth that is within us. Failure is not being true to the best one knows.

"Man cannot be satisfied with mere success. He is concerned with the terms upon which success comes to him. And very often the terms seem more important than the success." - Charles Bennett.

There is a fine line between success and failure. The telling moments in life are those when we confront defeat and failure and squeeze from them the truth that sets us on a path toward success.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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VISITING HOURS:

Celebrate National Women's Health And Fitness Day With Exercise

BY ANGIE O'CONNOR

Avera Sacred Heart Wellness Center Supervisor

In an effort to encourage women to take control of their health, I would like to take a little time to recognize today, September 29, as National Women's Health and Fitness Day.

Women have to be aware of many health factors, especially as they become more mature. This means regular checkups with their physician, regular exams after reaching a certain age - mammograms, bone density tests, cervical exams, etc.

I encourage all women to explore these issues with their health care providers and to explore their family history as heredity can play a major role in many women's health issues.

As an exercise physiologist, I'd like to take this time to talk about fitness and how it can help reduce your risk factors for disease and generally help you live a healthier life.

I believe that inactivity is one of the worst fitness problems we face in this country. Life has become so convenient that living a sedentary lifestyle is so much easier than taking a half hour each day to get some exercise. It's

really not that hard and we are presented with so many opportunities each day to get exercise - we just need to recognize them.

Here are a few simple things out of everyday life to get you started in the right direction:

- Don't take the elevator - take the stairs. Walking stairs is a great way to get your heart pumping and leg muscles working.

- Walk like you mean it - It's wonderful to see people walking around the park and on the trails in the area. My only concern is that many of them are just taking a casual stroll. If you're going to go for a walk, make the most of it and get your heart rate up, even work up a little sweat. You'll feel great afterwards.

- Is it really necessary to get the close parking spot? For those with disabilities, it can be. But, if you're in relatively good health and it's a nice day, park as far away from the entrance as you can and enjoy the walk (and appreciate the fact that you can).

- Play as often as you can. Many of us have children. If they ask you to play, go ahead and do it. Who cares if it's during your favorite TV show, it's great exercise for you and your kids and it's even better just to have that family time.

- During the summer months - if you take your kids to the pool or to the lake, go swimming with them. Swimming is great exercise.

These are just a few simple ways to liven up everyday living and get yourself fit without too much effort.

In the best-case scenario, we'd all have time to join a gym and start a regular exercise routine - but sometimes life doesn't afford us that luxury, so we have to do what we can to stay fit. And, although I'm not a nutritionist, it's also a good idea to eat healthy as well. In our time-crunched world, it can be so much easier to just pick up a little fast food for the family, but that shouldn't become part of the daily routine.

There are many reasons for us, as women, to stay healthy and fit - our children, our loved ones - but most importantly, we must want to stay healthy and fit for ourselves. It's easier than you might think.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Community Coat Collections Start Oct. 1

Make a Difference Day is Saturday, Oct. 23, and there are numerous groups within our community and throughout the country who are making an impact through this nation wide event.

The biggest Make a Difference Day project within the region is the annual Community Collection Drive. Community members are being asked to drop off gently used and clean winter coats, winter boots, and winter shoes to the Boys & Girls Club or to the Avera Sacred Heart Hospital, main lobby entrance, October 1-14. School aged students can drop off their donations to their local school from Oct. 11-14. Children's coats and boots are most in need. If you are uncertain about drop off locations, contact the United Way office at 665-6766.

Upon collection of the items they are sorted and displayed for the Winter Coat, Boot, & Shoe Giveaway at the Human Services Center, South Training Center (Old Chapel) on Oct. 23 from 9-10:30 a.m.

The Giveaway was started about 16 years ago by Scott Schindler focusing on needed boots and shoes for community members. The Webster Elementary School collected children's coats for distribution followed by the Yankton Volunteer

Leaders collecting sweaters to support a national plea by "Mr. Rogers." The United Way and other volunteer organizations collaborated to expand the effort to include winter coats. The community has rallied behind this event each and every year. The Boys & Girls Club, Avera Sacred Heart Hospital and schools promote the event and serve as drop off locations. The Yankton Volunteer Leaders coordinate the collection drive, the Human Services Center hosts the distribution, Boy Scouts troops pick up the donations, South Dakota trustees assist with sorting, and local youth groups volunteer to display and clean up after the event.

"I have had the pleasure to work with the volunteer leaders, students, administrators, and Scouts and their leaders on this project and am amazed at how the whole community comes together to help those in need. There are so many people who volunteer their time to make this a successful project and have done so for many years. I am in awe of the commitment of those volunteers and for the generosity of the community in donating items to make this event more successful each year," said HSC Volunteer Coordinator, Tara Gill.

Fellow Citizens,

Thank you to those who have called or stopped me to talk about the issues most important to you. For many of you it's the budget or Medicaid. For others it is education funding, highway funding, or the two years in a row we have gone without pay increases for state employees. Whatever your passion, it has been great talking with you and learning from each other.

Although I know the coming two years will be more difficult than the last two, I am confident because I believe we are much better prepared than we were two years ago. We are ready to face the loss of stimulus funds and an uncertain economy because we have controlled spending over the last two years. We have also kept our reserves largely in place, which will be necessary for us to balance next year's budget without a tax increase.

I am proud that we have decreased the size of government over the course of my two years in Pierre. Our FTE trend is heading downward for the first time in a long time. In our FY 09 budget there were 14,311 FTE, while our FY 11 budget (which we passed in January) contains funding for only 13,612 FTE. This has not been easy, but it has been a necessary response to the economic recession.

We do still have challenges ahead. One of those challenges is that we have over 14,000 state employees who have not received an inflationary wage increase in two years. Many of these are hourly staff. I myself am employed by a church that could not afford wage increases this year. With the costs of running a household going up, I believe it would be very difficult to go two years and beyond with no inflationary increase at all. This issue must be addressed in the next legislative session.

One of my biggest concerns going forward is that our Medicaid providers have gone two years in a row without a full-inflationary increase and went last year with none at all. If this continues, it will be devastating for the poorest South Dakotans because if they cannot find a Medicaid provider, they will not receive the services they need.

This is why it is important that we make the best possible use of all the resources we have. It is challenging because we value the things that make up our budget such as the 48.9% of all general fund dollars that go to education or the 24.3% of all general funds that go to the Department of Social Services. That doesn't leave much left to fund the Departments of Health, Human Services, Transportation, Tourism, Agriculture, Public Safety, Corrections, and the rest of state government.

Your perspective on the budget is important because it is your tax dollars that are paying the bill. Many of you have offered great ideas already, and I encourage you to continue to do so. Check out my website at www.nickmosersd.com to view my ideas on how to continue to make South Dakota the best place to live and raise a family.

Nick Moser
District 18 State House Representative

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