



# Xavier's Daily

## ➔ Challenge yourself!

*I've no life but I can die.  
What am I?*

Answer - Battery

## ➔ Spectrum's Corner

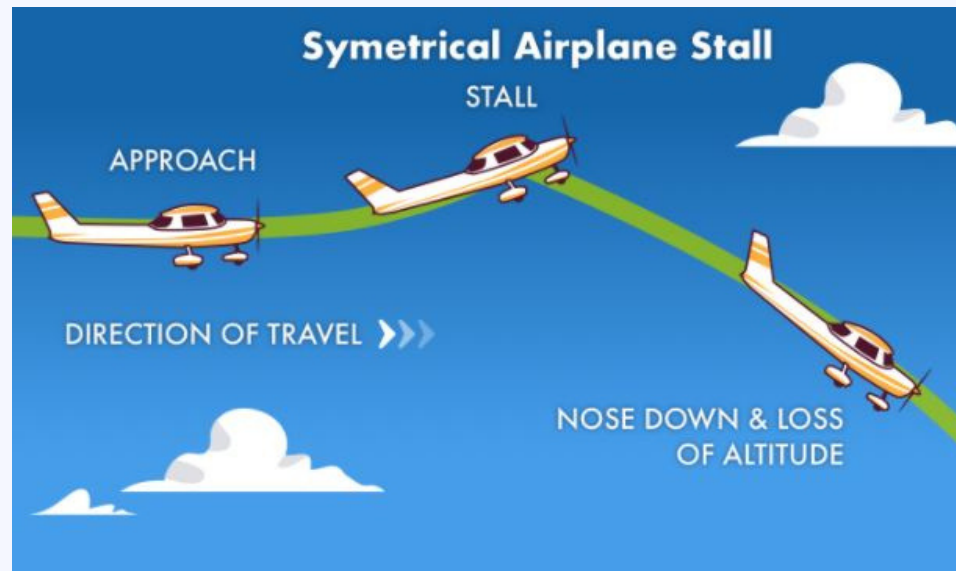
### Thought of the Day

*"Be yourself, for everybody else is already taken."*

### Word of the Day

*Scrumptious: Extremely tasty*

*Example: On my birthday, my mother cooked a scrumptious meal for my guests.*



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Failing is a byproduct of trying to succeed. We do research, make plans, get the necessary ingredients, and try to put it all together. Often, things don't go as we wish. If we're smart, we reflect on what happened and make notes of where we could do better next time. We learn valuable lessons when we experience failure and setbacks. Most of us wait for those failures to happen to us. But deliberately making mistakes can give us the knowledge to overcome obstacles more easily in the future. Practising failure is a common practice for pilots. For a pilot, overcoming a stall is a skill attained through practice. They go up in a plane and, for example, change the angle of the wings to deliberately stall the plane. They prepare beforehand by learning what a stall is, what they have to pay attention to, and how other pilots address stalls. But then they go up in the air and actually apply their knowledge - what's easy and obvious on the ground, when they are under pressure mid-air, isn't guaranteed to happen when their plane loses function at 10,000 feet.

Deliberately stalling their plane, making a conscious mistake when they are prepared to deal with it, gives them the experience to react when a difficult situation arises when stakes are high. The solution to many problems can be worked out on paper, but only experience counts when there is no time to think a process through. If we practice failing, our reactions can be guided by successful experiences and not panic, when we actually fail. This increases our flexibility and adaptability. Of course, no amount of preparation will get us through all possible challenges. But making deliberate mistakes in order to learn from them is one way to give ourselves optionality when our metaphorical engine stops in midair. If we don't practice failing, we can only safely fly on sunny days.



### DID YOU KNOW?

*One failed step in the right direction is better than one successful step in the wrong direction.*