



National ☆ Karate

Afraid to Fail?

“Only those who dare to fail greatly, can ever achieve greatly” John F. Kennedy

“I didn’t fail repeatedly; I just found 10,000 ways not to make a light bulb.” Thomas Edison

Super Bowl winning coach Tony Dungy says this about failure. “The beauty of what I’ve learned through a life of sports, is that failure happens – regularly. And failure, as it turns out, is a constant in the human experience. I’ve also learned that if you’re afraid of failure, you won’t try to do very much. But if you’re going to chase meaningful dreams and do significant things, you have to be willing to come up short sometimes. **Success is really a journey of persistence and perseverance in spite of failure.** **Through pressure, stress and adversity, we are strengthened – in our character, in our faith, and in our ability to get out of bed again and give it one more try”.**

We will all fail. Remember that. But don’t fear it. True Character and toughness comes from how you respond to adversity.

Homework: (If you need more room for #4, you can write on the back of this paper.)

1. Imagine a girl who wanted to be in the school play but didn’t try out because she was afraid of not making it. Will that girl ever be in the play if she doesn’t try out? Yes or No?
2. Imagine a boy who wanted a karate trophy but was afraid to go to the tournament because he was afraid he might not win. Will that boy ever get a trophy if he doesn’t give it a try? Yes or No?
3. What if Thomas Edison was afraid to fail? Would he have invented the light bulb?
4. Are you afraid to fail? If so, can you learn anything from what Tony Dungy says above?



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