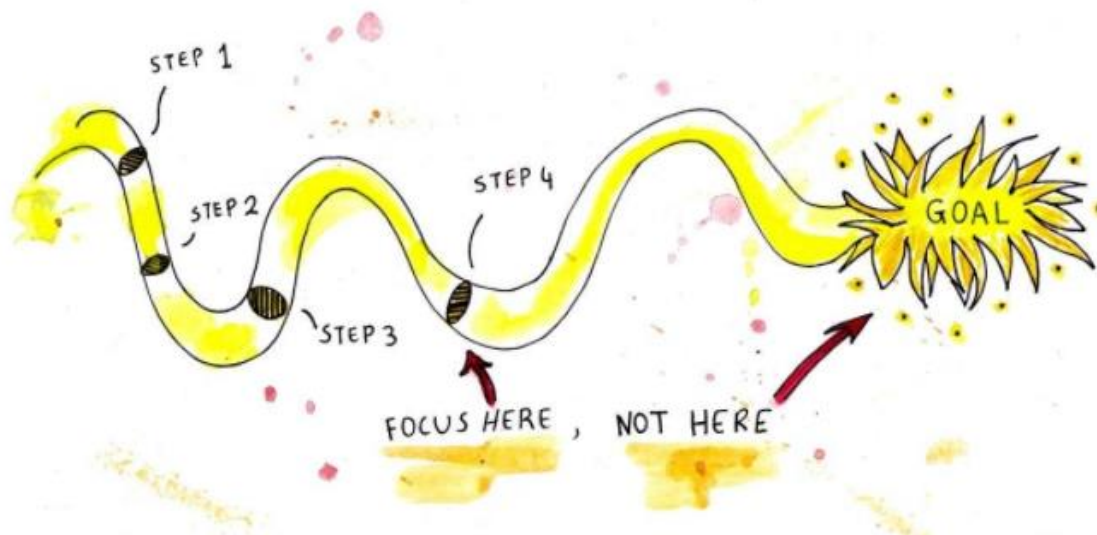


Wellbeing Tip of the Week

Focus on the effort not the outcome



It can be very upsetting when we don't perform well at something. It can make us feel like a failure and stop us from wanting to try, because what's the point of trying if we're just going to fail? But we'll never achieve anything with that way of thinking. So, how do we overcome that?

If we stop focusing on the outcome and care more about **working hard and putting in the effort**, this teaches us to **persevere**, it enables us to **develop new skills**, helps us to feel **more in control** and in the end we **achieve better results**.

When you focus on the **effort made**, it helps you to become more **resilient to change** or to things turning out a different way than you'd hoped. You can then concentrate on what you can do differently next time to get closer to what you wanted rather than being consumed by disappointment and giving up.