



## Getting the Reps with: USA Olympian Apolo Ohno

### Dealing with Failure

#### Key Takeaways

- Failure is only failure if you don't learn from the experience, if you don't keep adapting, pivoting and learning in your process.
- Early in his career his fear of failure drove him to prepare but he performed his best when he was hungry to win, hungry to perform and focused on *progress vs perfection*.
- It's natural for it to hurt when you fail but rather than allowing it to be destructive figure out how to learn from it and reapply it to drive you.

#### Things to Think About

- What are some examples of ways you might fail in your sport?
- What about outside of your sport?
- What are some of the things you might learn from those experiences?

#### Ways to Practice

- Catch yourself when you make a mistake in training. Can you find something to learn from it and move on quickly?
- This week, pick one thing you wish you had done better and write down how you're going to learn from it and reapply it to drive you.

