

GOANNA ACADEMY RESOURCES

Part 4: Refilling Your Cup & Redefining Failure

Self-Care: Finding Things That Fill Your Cup

"You Can't Pour From An Empty Cup"

It's important to find activities that fill up your cup so you're not running on empty every day. Key elements that keep our cups full include:

Reflection & Kindness	Time with Friends & Family
Downtime & Alone Time	Fun & Exercise
Time Outdoors	

The Importance of Sleep: The best self-care activity is getting good quality sleep every night as it has a massive effect on our physical and mental health. Getting poor sleep means we are starting our day with our cup half full.

Viewing Failure as Part of Success

We often think of failure and success as absolute opposites, when in reality, **failure is a fundamental part of success.**

What you learn through failures, setbacks, and challenges is precisely the stepping stone that gets you to long-term success. Never quit if there is something that you really want to achieve. Nothing in life comes easy.