

WRITE YOUR BOOK OF SPELLS

You need a timer and an un-interrupted 30 minutes for this exercise. Find a quiet room, switch off the phone, close your email. Download the "My Kick-Ass Book Of Spells" worksheet by clicking the "Journal" button below the video.

Everyone knows there is no such thing as magic. Yet somehow, sometimes you can solve a problem, right a wrong, stop a disaster, help another - almost as though you were casting a spell. This seeming magic – it's called wisdom. You know the best source of wisdom... failure.

If you aren't failing, you aren't trying hard enough. As Seth Godin says, "If I fail more than you do, I win." But it's no use failing often unless you are failing forward. When you fail forward you acknowledge your role instead of blaming others and you learn something specific that becomes a spell to carry with you on your future journeys.

Your biggest failures are your biggest opportunities. Own your failures and use the wisdom to keep writing in your book of spells. Shall we conjure up some of your spells?

Find a nice clear, uncluttered space on your desk or table. Uncluttered spaces equal uncluttered minds. Take out your favorite pen. Place your workbook on the space in front of you. For the next 8 minutes you will put your pen to paper and write. You won't stop writing until your time is up. Make a list of your biggest failures. Be honest – the really powerful spells come from the darkest places. Close your laptop (don't even think about typing this!) Go!

Fabulous job again! Yep – we have some work to do.

Start at the top of your list and for every failure you wrote down. Complete the worksheet by answering these two questions...

- What part did you play in this failure? There is no such thing as it being "beyond your control." Name it, write it down. By acknowledging and accepting your part you make it possible to move to the second step.
- What specific learning can you take away from the experience that you can use in the future? This is your wisdom. These are your spells.

Now pick up to five of your spells only (no need to broadcast your failures) and color in the stars next to them. Hold on to this worksheet. You will need it for your Galahad application.