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F is for a Few Things

Katie Mehnert finds much Food for thought in the letter F.

And **failure** happens. Sometimes it's the small holes in the pavement that we don't see. We're blind because our egos get in the way. Or sometimes we get sucked into the big ones. But we dig our way out. And when they reappear, we go around them or through them. Sometimes, we create new routes or races to avoid them. In the end, we learn through the pain of failure. We never understand the "why this, why me" then, but when we look back at the race, we have a full appreciation for the journey we've taken to get to the finish line. My friend, if you don't fail enough, you ought to start. **What are you doing to fail and learn from your failures?**

Never ever waste a good setback. The beauty is in the feedback. Every response is a form of feedback. And setbacks are your platform for comebacks.

Your job is to look for the trends, acknowledge the reality of perception and figure a way to get better. This can happen in the moment or over time. Setbacks are the best forms of feedback.

I hit my first "wall" in the New York Marathon in 2011, just nine months after having my child. What got me there? Sheer exhaustion, a lack of focus, and a fear I wouldn't finish. In a moment of despair I texted my husband. He told me I didn't come this far to stop and

encouraged me to keep going. No matter what, just put each foot in front of the other and I would eventually begin running again. In that moment, I was already off course, terribly behind my goal, and ready to give in. I stopped, pulled up my big girl pants and restarted. I walked, and at times I crawled, but I grew stronger because of that setback. **How are you embracing feedback in the moment?**

Create a clear path, my friend. Focus. Drown out the noise. Along the way, allow yourself to fail. It's okay. It's normal. Take every piece of feedback in your stride, knowing that the next step you take is getting you closer to your finish line.

Katie Mehnert (pictured) is a global talent development and change executive with 17 years of helping people and companies get curious, connect, share, grow and perform better. She has recently been appointed CEO of Pink Petro; www.pinkpetro.com, a platform to connect women and men in the energy industry and advance females in her industry. Prior to her latest venture, Katie was a Director with BP, joining after the Deepwater Horizon incident and worked in various leadership roles worldwide with Shell. She's a dynamic speaker and author having been featured in LinkedIn, CEO.com, Business Insider, and Yahoo. As a work-in-progress marathon runner, wife and working mom, you can follow her musings on balancing it all on her blog at www.katiemehnert.com, or email her at katie@katiemehnert.com



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