

THURSDAY TRAINING

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Digital Maldives for
Adaptation, Decentralization
and Diversification





Navigating New Horizons

The DMADD team carries out monthly workshops named 'ThursdayTraining'. These short trainings aim to facilitate knowledge sharing among its members. The sessions are planned to be conducted on the last Thursday of every month.

The primary objective of these workshops is to enhance mutual understanding and upskilling among team members, ultimately contributing to the achievement of the project's overarching goals. The D'MADD team will share insights related to their work as well as have the chance to impart valuable experiences and life lessons that could benefit the entire team.

This initiative not only promotes professional growth but also strengthens the bonds within the DMADD team, setting a positive tone for collaborations and teamwork.



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Why Do We Fail

31 October 2024

This month's training conducted by Dr. Waheed focused on how we fail.



Lack of Persistence

Persistence is the ability to keep going despite obstacles. Many people give up too soon when faced with challenges. Success often requires a long-term commitment and the willingness to push through difficulties. Those who persist are more likely to achieve their goals, as they learn and adapt along the way.

Lack of Conviction

Having strong beliefs in your goals and values is essential. When you lack conviction, it becomes easy to waver in your efforts. A firm belief in what you are trying to achieve fuels motivation and resilience, helping you to stay focused even when faced with setbacks.

Rationalization

Rationalization involves justifying failures or poor decisions with excuses. This behavior can prevent personal growth, as it allows individuals to avoid taking responsibility for their actions. Acknowledging mistakes is crucial for learning and improving future performance.

Dismissal of Past Mistakes

Ignoring past failures can lead to repeating the same errors. Each mistake carries valuable lessons that can inform better decision-making in the future. Reflecting on past experiences helps build a foundation for success by understanding what went wrong and how to avoid similar pitfalls.

Lack of Discipline

Discipline is the practice of maintaining focus and consistency in pursuing goals. Without it, distractions can derail progress. Developing self-discipline involves setting clear goals, creating routines, and holding oneself accountable, which are all vital for achieving long-term success.

Poor Self-Esteem

Self-esteem plays a significant role in how we approach challenges. Individuals with low self-esteem may doubt their abilities and fear failure, which can prevent them from taking risks. Building self-confidence through small successes can

empower individuals to tackle larger challenges.

Fatalistic Attitude

A fatalistic attitude is the belief that outcomes are predetermined and beyond one's control.



This mindset can lead to inaction and a lack of motivation to change circumstances. Embracing a proactive approach, where individuals believe they can influence their outcomes, is essential for overcoming challenges.

- Lack of Persistence
- Lack of Conviction
- Rationalization
- Dismissal of Past Mistakes
- Lack of Discipline
- Poor Self Esteem
- Fatalistic Attitude

Persistence is Key:

Stay committed to your goals, even when faced with difficulties.

Believe in Yourself:

Strong conviction in your goals fuels motivation and resilience.

Own Your Mistakes:

Acknowledge and learn from failures to foster growth.



Reflect on the Past:

Use past experiences as learning opportunities to avoid repeating mistakes.



Cultivate Discipline:

Establish routines and hold yourself accountable to stay focused.

Build Self-Esteem:

Confidence is crucial; celebrate small wins to boost your self-belief.

Adopt a Proactive:

Mindset: Believe in your ability to influence outcomes and take action.



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