



## **Sarah Lansbury - Maori and Pasifika Prefect**

Hi everyone, I'm Sarah Langsbury and I'm a failure!

I fail at something nearly every day, whether it's learning to flip a kayak or failing my bio test.

Basically what I'm trying to say is that you might see me winning on Athletics Day but what you don't

see is the hard work and failure I face OFTEN, and I mean often.

I want to share with you one of my more traumatic failures.

It was my second year competing at national secondary school athletics. I was the second-fastest qualifier in the 80m hurdles. It was Finals time, the gun sounded, and I was off. I was so close to the girl in first, that I could hear her breathing. I tried to lower myself over the hurdle to gain more speed, however, my knee hit the hurdle, I lost my balance and I was down. I momentarily lay on the track as a flood of emotions started to wash over me, then I picked myself up and finished the race alone, while the crowd gave me a polite, sympathetic clap. I got off the track and burst into tears. I thought that was it. I had trained hard leading up to this competition, pushing my body beyond its limits for this one event and I felt it had all been a waste of time. I was a failure. However, when I look back now I realise that without this fail I wouldn't have discovered that it's not your failures that define you, it's how you grow from them. After Nationals that year I picked myself up, trained smarter, refined my technique, and went on to win the following year, becoming the NZ junior national champion. Of course, I have failed countless times since then, but I now know each failure brings me closer to achieving success.

So what am I really trying to say?

That in order to achieve success, there will be times when you will fail, and at times, you have to have the courage to do something again and again and again. And while some people might seem to be perfect and always successful, I can guarantee you that they fail just as much as we all do. We live in a society that only celebrates success, but the secret to achieving success is that you have to have the courage to fail. I tell myself now that I can accept failure, as much as it might be painful at the time. But the one thing I cannot accept is not trying.

SO girls go out there, and fail, because being brave enough to try something and fail, means you are already on the road to success!