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Test 3

The Secret of Life, though,
is to fall Seven times and
to get up Eight Time:

Outline:

1 INTRODUCTION

"If success is the charm of life,
then failure is its taste."

Thesis Statement:

Success is the by product of downfalls and the struggle, that is constantly made in moving forward and in learning from mistakes, while considering the falls a minor part of a whole.

2 Explanation Of the Phrase "The Secret of Life, though is to Fall Seven Times and to get up Eight Time:

Key concepts related: Perseverance,
Hardwork, Resilience, Determination,
Hope, courage to face failures.

A Japanese proverb.

3 Theoretical Underpinnings:

1. Stoic principle of "the obstacle is the way"

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4. Manifestations in Political Context:

a) Rising from the ashes:

1- Japan rising after WWII

2- Sleeping Giant China after Opium Wars

3- Resurgence of Russia after end of Coldwar

b) National Crises and Standing up again.

1- Post disaster recovery

(2005-Pakistan - 2011 Japan)

2- Economic reforms in Pakistan (2025-26)

c) Political Rehabilitation and "Comeback" Narrative.

1- Electoral perseverance by D. Trump.

2- Managing political ousting by Japanese PM Sanae Takaichi, 2026.

d) Achieving Systemic Change by long-term political movement.

1- Pakistan movement.

2- Youth Driven Revolutions (Bangladesh 2024)

5. Manifestation in Economic Context:

a) National Economic Rebounds

1- Iceland post 2008 financial instability

2- Rwanda Post Genocide growth.

b) Corporate Agility and Strategic pivoting.

1- Tesla and Space X bankrupt in 2008,

now a dominant market.

2 Nintendo from 1980 to Super Mario in 1985

revolutionised the industry.

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(E) Entrepreneurial Persistence and Grit

1) Thomas Edison "10,000 ways that won't work"

2) Walt Disney "Laugh-O-Gram Studios" bankruptcy

6 Manifestation in Social Context.

a) Resilience in Social Movements

→ Civil rights movement

→ Anti Nuclear movements

b) Community led Recovery from Crises

1- Wartime Endurance (Ukraine)

2- Post disaster self Organisation

(Floods in Buner & Swat and financial help)

from all over Pakistan

7 Role of "fall seven times, get up eight" in Individual life.

a) Building "Grit" and Long term stamina

Endurance

Persistence

b) Developing "Self Efficacy" (The Belief in Can-Do)

- Prevents & learned helplessness

- Instead, belief in can-do approach

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c) Emotional Regulation and Cognitive reframing.

- Strips away the shame of falling

- Encourages to practice "Self compassion"

8 Conclusion.

Essay

If success is the charm of life than failure is its taste. These words implies that life's ups and downs shape who we are: success adds excitement, while failure gives depth and teaches us the real "taste" of experience. Together they make the whole journey richer. But, failures are often considered as hurdles in life that sometimes lead to despair. However, in reality the secret of life is to fall seven times and to get up eight time. Although, the roads are tough and often filled with unexpected struggles hurdles, Only those who move with patience, resilience, consistency and determination will succeed in reaching their destination. The main focus must not be the fall, rather the goal towards which the struggle must continue. Hence, success is the byproduct of downfalls and the struggle, that is constantly made in moving forward and in learning from mistakes, while considering the falls a minor part of a whole. There are several political, economic, social and individual

instances that will determine later in the essay that constant struggle, resilience, hope, determination and consistency are the ultimate life boats of a successful life.

1 The famous quote "The Secret of life, though, is to fall seven times and to get up eight times", is often attributed to the Brazilian Author Paulo Coelho in his international best seller, "The Alchemist". While Coelho popularized the phrase in modern literature, the sentiment is rooted in an ancient Japanese proverb, means "falling down seven times, getting up eight". The proverb serves as a metaphor for resilience and the importance of perseverance, determination, hope and hardwork, regardless of how many times one faces failure - For instance, when a child starts learning to walk, he/she first tries to stand up. In this process he rise and fall several ^{times}, but his/her perseverance make him to stand and starts walking finally. Hence, the proverb representing a way of thinking about strength.

2 In philosophical and theoretical framework, the proverb aligns closely with Stoic principles, particularly "the idea that "the obstacle is the way." In stoicism, the obstacles are not barriers but catalysts for building virtues like courage, wisdom, and justice. The

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failures, according to Stoics, are the "fuel" or "raw material" for growth. Furthermore, Stoics believe in power of perception. According to the view, it is the perception of how we perceive setbacks. By viewing a fall as a "lesser" rather than a "tombstone," we transform an external opportunity event into an internal opportunity for growth. Thus, defeated repeated trials, according to stoicism, leads to refinement of one's character.

Politically, the manifestation of the phrase centers on rebirth of a nation, institutional and national resilience, the rehabilitation of political figures and the endurance of long term movements.

- 3 Birth of a nation might be an easy task but rebirth of a nation from a rubble is like rising from ashes. Such task needs constant struggle, patience and lots of courage. One such instance is provided by the devastated Japan after WWII, atomic bomb attack. Now with perseverance and investment in science and technology, Japan is one of the leading economies in the world. Similarly, China is now second largest economy in the world, was once entangled in Opium wars and destructive chaos. Last but not the least, Resurgent Russia is also expanding its influence again in the world.

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that she lost once after cold war. All these examples show that being ~~failed~~ fell in the loop of failure these countries still managed to get out of that. failures and ^{are now} standing firm on their feet, ruling the world. The reasons are not other than constant struggle, resilience, perseverance, hope and determination.

4 In conclusion, success is not a unitary process, rather a byproduct of failures and the struggle, which is constantly made in moving forward. Through perseverance and resilience, one can learn from the mistakes and through constant struggle and determination, one can move forward towards one's destination, because the secret of life is to fall seven times and to get up eight times. Falling due to failures is not the end, but the rebirth of another determination. Through such endurance and determinations, Nations rose from ashes, political figures were rehabilitated and even new nations were found through long term political movements. Economies rebounded after long lasting instability and entrepreneurs succeeded in their work is due to constant struggle without falling prey to failure despair. Similarly, civil rights movement also succeeded because of their consistency in struggles. The phrase also

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plays an important role in building individual 'Grit' and developing 'self efficiency'. It also helps in personal emotional regulation and cognitive reframing. Hence, It won't be false to say the failures in life serves as a first step towards the ultimate success, as Turkish proverb say,

"You can't reach the top without first see the bottom"