

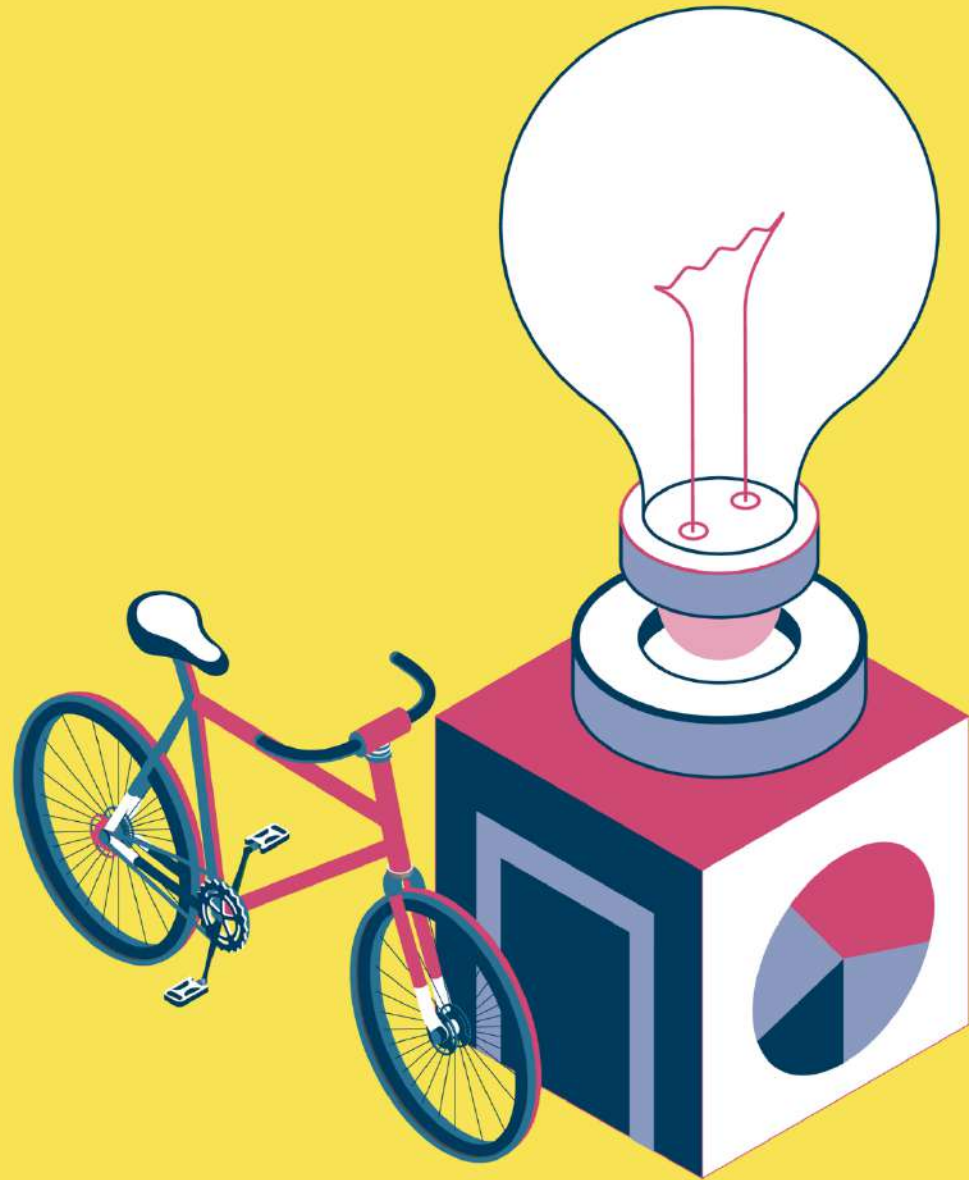


foreSight  
2026

# You Are Still Here

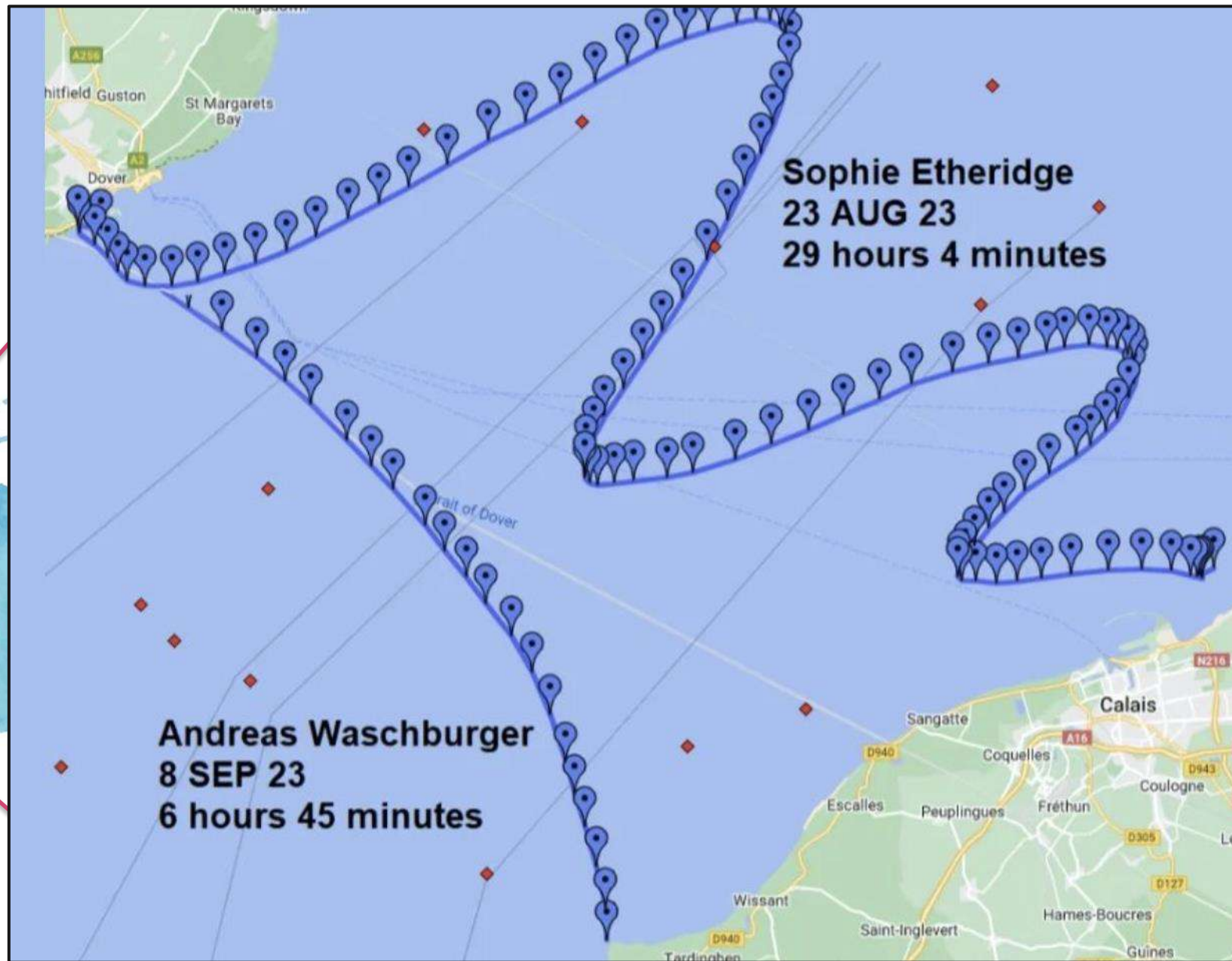
Lessons from the North-East Shipping Lane

Paula Armstrong



# What To Do When You Fail at Doing Big Things

# The English Channel





# Dealing with Failure

# Find (and Remember) Your Why



Life is short, and we don't know how short. So, get busy living.



foresight



# 1. Don't Make Decisions in the Dark

foresight



## 2. Close Ranks



## 3. Figure It Out\*

\* Proceed with caution...

foresight



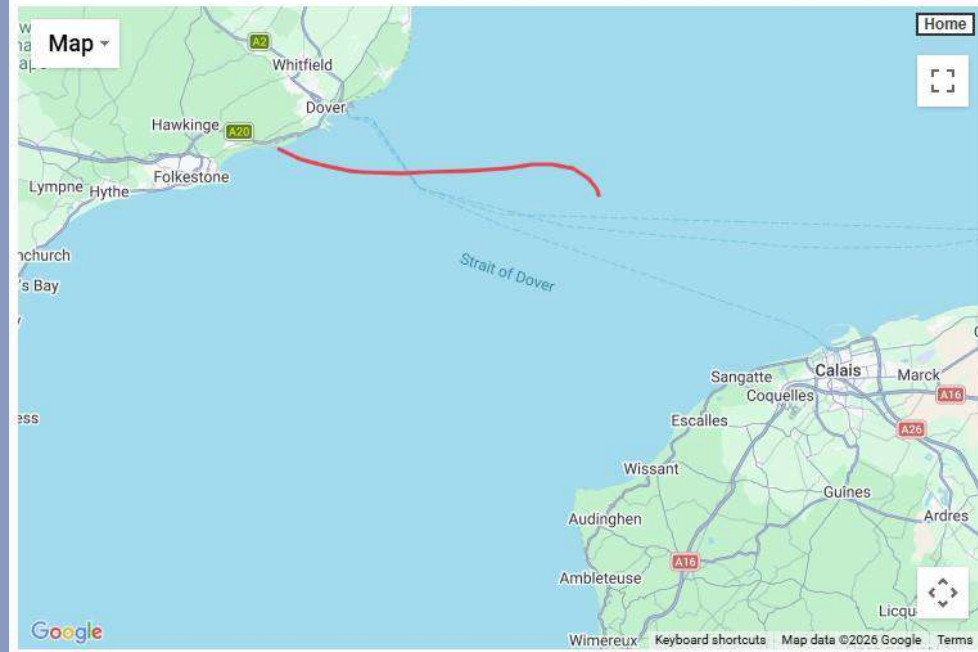
## 4. Find the Gift of Failure

## 5. Make Sure the Journey is Worthwhile

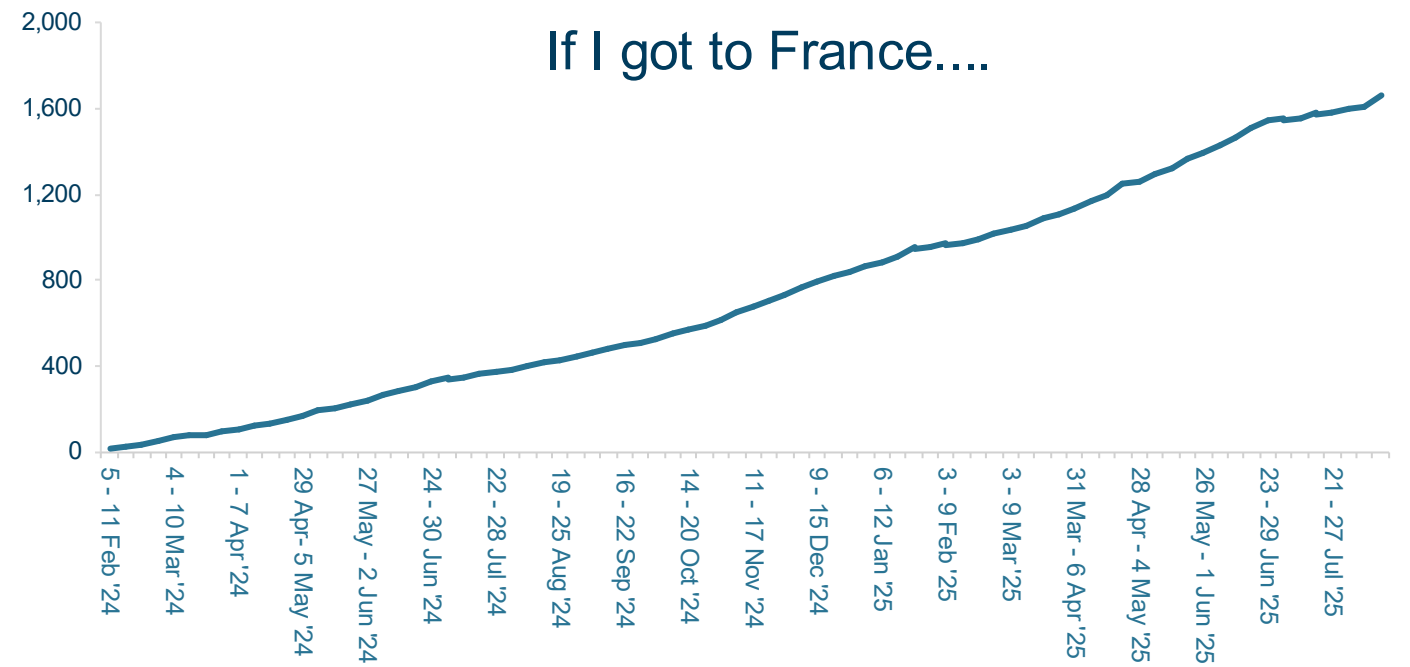
# 15 August 2025

Paula Armstrong 2025

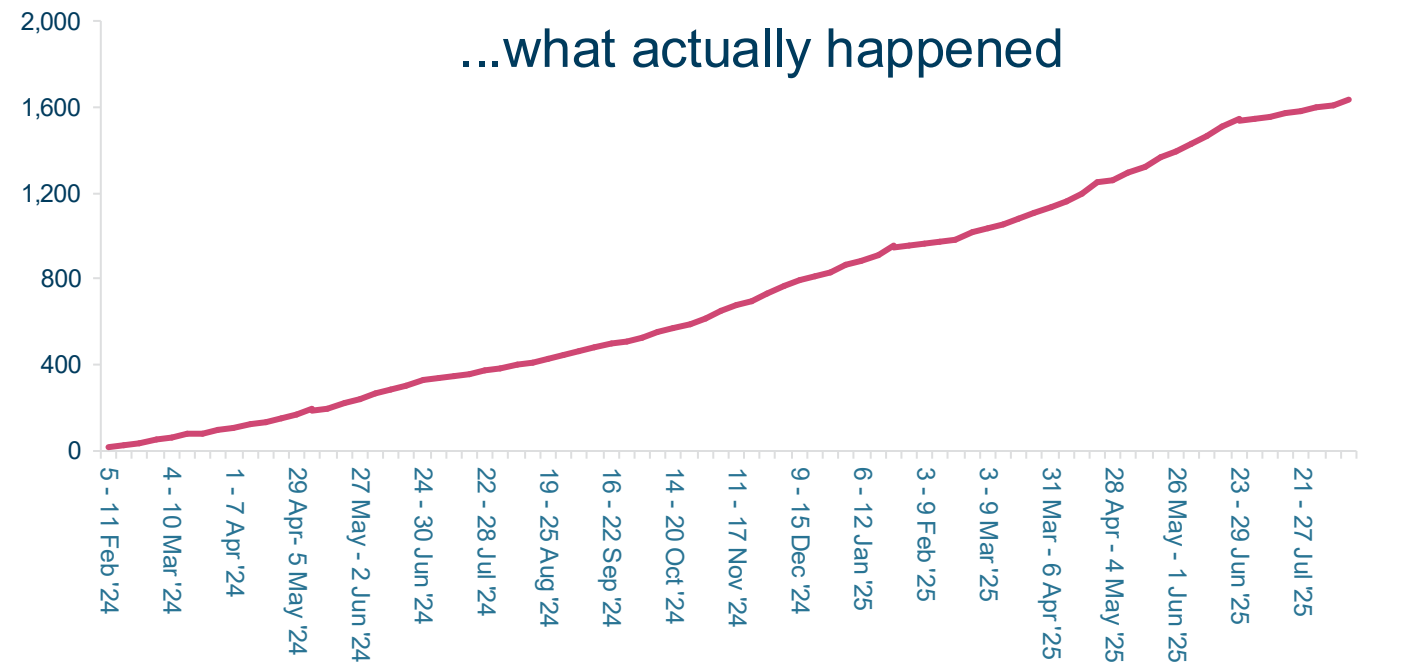
	<b>Not Successful</b>
Name	Paula Armstrong
Country	South Africa
Type / Route	Solo, 1 way / England to France
Completed	15th August 2025 9:29am
Time	06:19
Pilot / Vessel	Eric Hartley / Pathfinder
Observer	John Symonds



If I got to France....



...what actually happened

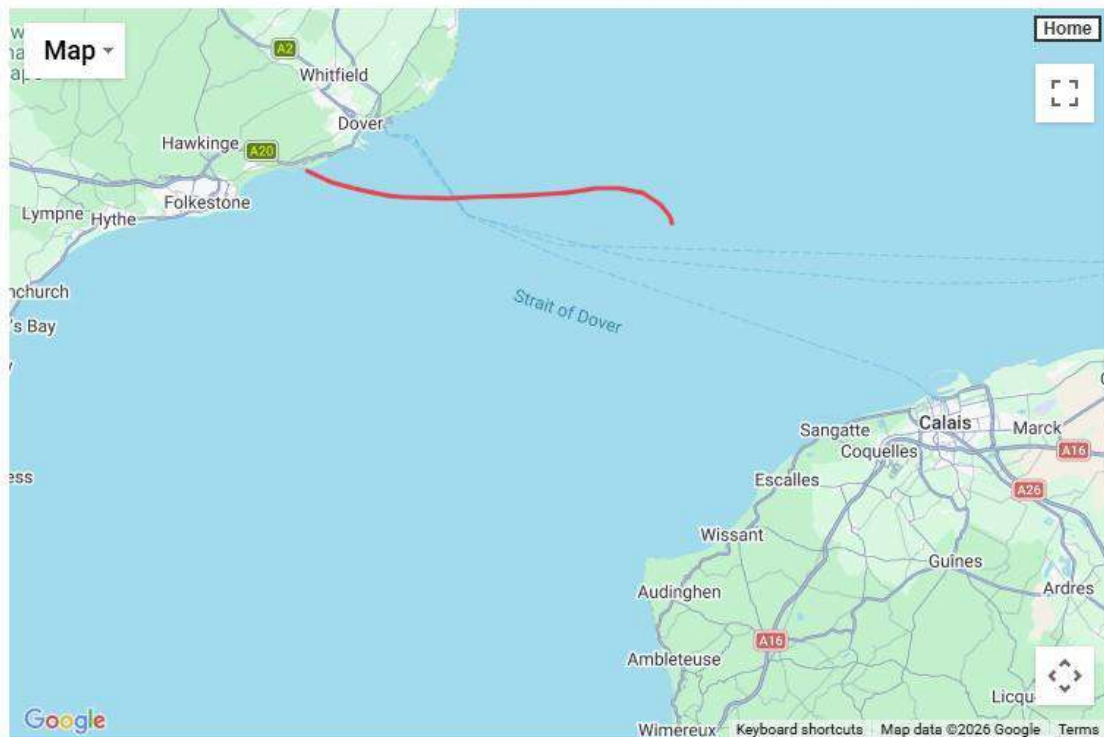


# It. Doesn't. Matter. And you cannot fail.

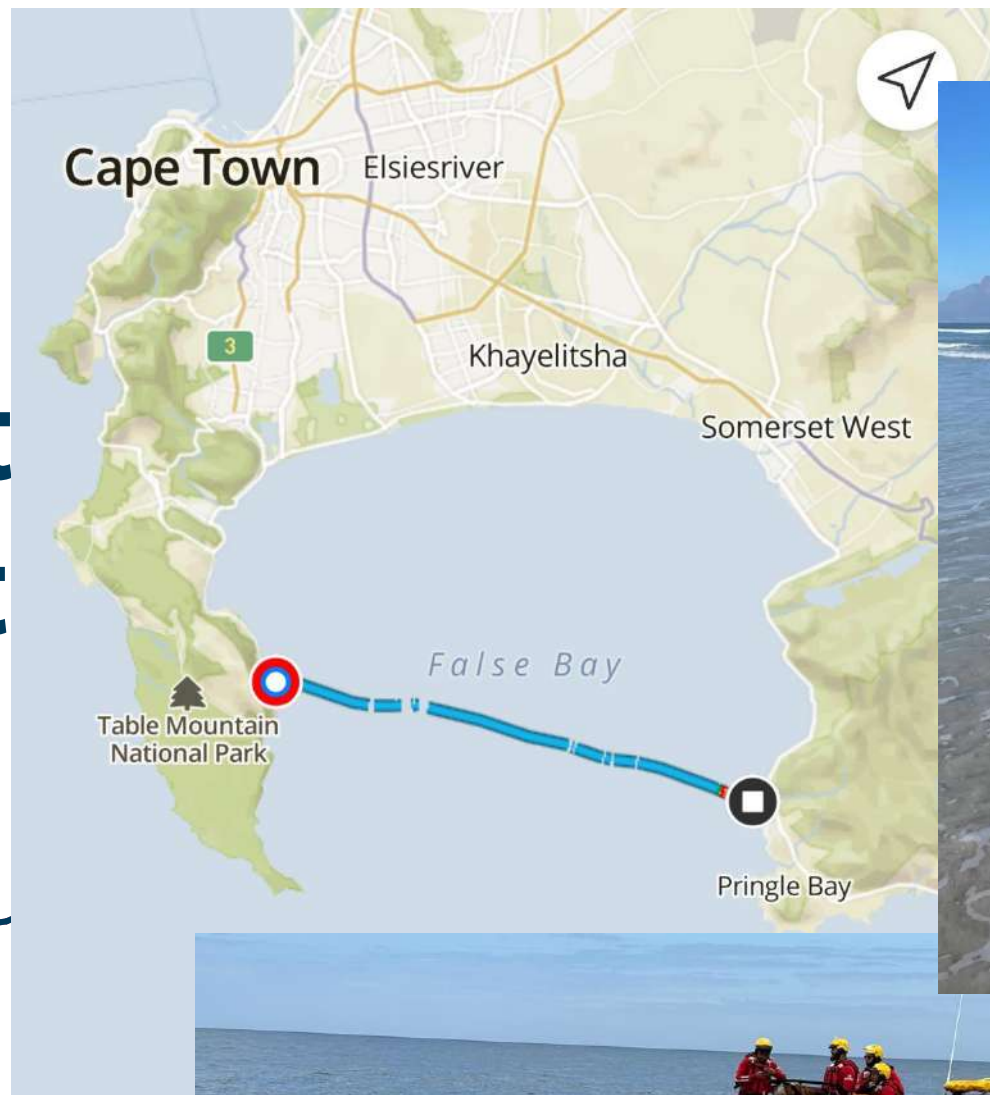


Paula Armstrong 2025

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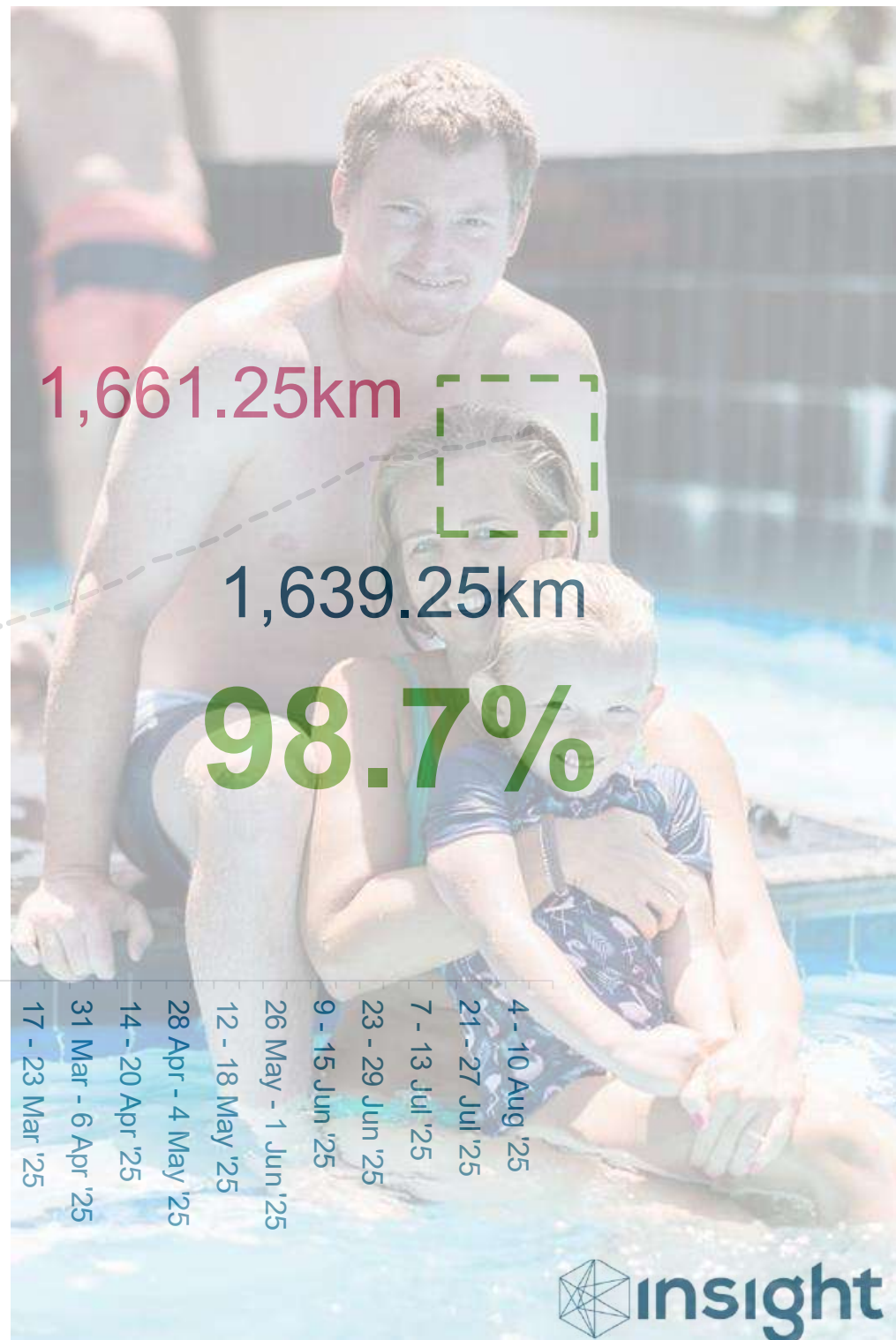
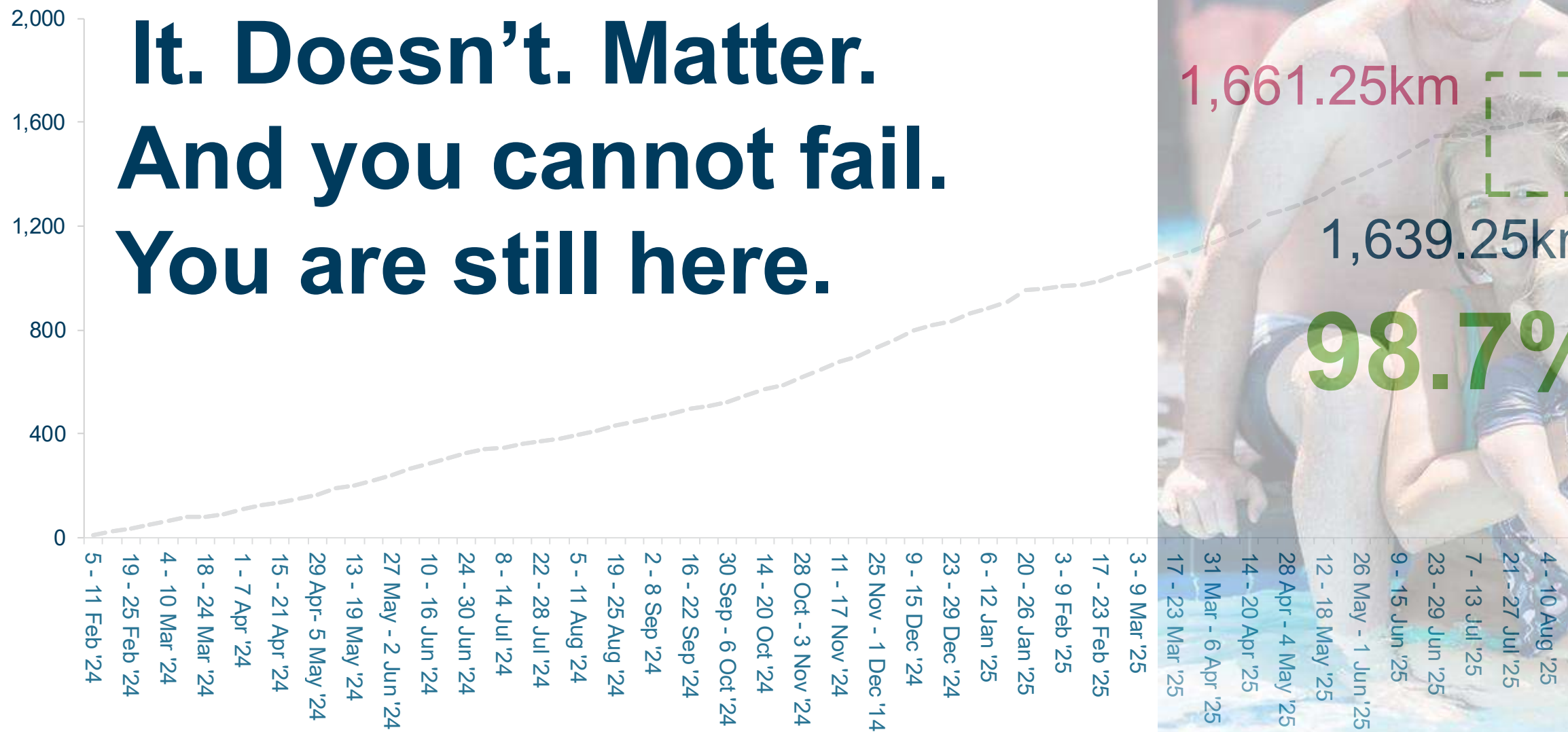
it t



- 14 - 20 Oct '24
- 28 Oct - 3 Nov '24
- 11 - 17 Nov '24
- 25 Nov - 1 Dec '14



**It. Doesn't. Matter.  
And you cannot fail.  
You are still here.**



1,661.25km

1,639.25km

**98.7%**



STILL

YOU ARE STILL HERE

foresight  
2026

Thank you