

Mistakes



- Find a quiet and peaceful space where you won't be interrupted. Close your eyes and breathe slowly and deeply.
- Think of a mistake you've made recently and notice some of your feelings. Don't do anything with them, just observe.
- Step back a minute and look at your mistake from an outsider's point of view, how would it appear to them? How does it feel from the outside?
- Reflect on what you could learn from your mistake. Be kind to yourself and choose to forgive yourself. Remember, you're doing the best you can!
- We often tell our children that making mistakes is how we learn and grow, but how often do we apply that advice to our own lives? Learning from our mistakes – and forgiving them - is an important part of self-compassion.

'A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.' George Bernard Shaw

'A person who never made a mistake never tried anything new.'
Albert Einstein.