

Learning from Your Mistakes



Everyone makes mistakes. It's how you choose to view them that determines if you grow from them or are doomed to repeat them. Instead of viewing them as something negative, think of them as an opportunity to learn and grow.

Use this worksheet to analyze your decisions and learn from your mistake.

What mistake did you make?

Was this mistake avoidable or would it have happened no matter what you did?

What were you trying to do?

Where did you go wrong?

What events led up to this mistake?

At what point did it go wrong?

Why did it go wrong?

Were there any warning signs that you failed to see or act on leading up to the mistake? If so, what were they?

If you had had more information, could you have avoided making the mistake? If so, what information would you have needed?

What can you do differently in the future to avoid this mistake from happening?

If you were in a similar (or exact) situation again, what would you do differently?

How has this mistake changed you or the way you think?

What are some positive things that come from making this mistake?

Remember!

- Admitting the mistake and accepting responsibility for it is the first step to ensuring it doesn't happen again.
- Just because you made a mistake, does not make you are a failure. A mistake is something you do, not who you are.
- Do not let the fear of making a mistake keep you from trying. Be resilient! Keep moving forward.
- Don't dwell on the mistake. It happened. You learned something valuable from it. Now move on. In time, you might even find some humor in it.
- Some of the world's greatest successes have come from a long line of failures.