

Learn from it.

Brainstorm ways to do it better next time.

Take responsibility for what I did.

Make amends if I hurt someone else.

Talk about it with others to avoid getting stuck in shame.

Apologize.

WHAT TO DO WHEN I MAKE A MISTAKE

Remember that I am not a mistake.

Keep things in perspective.



Breathe. Regroup. And try again.

Forgive myself. 

Be honest with myself and others.

Remind myself that I am human. And that's what humans do. We make mistakes.

Recognize that I am one step closer to getting it right.

THIS 