

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- Be honest that I've made a mistake.
- Sincerely apologize to anyone affected.
- Forgive myself for making a mistake.
- Think of ways to do it better next time.
- Remind myself that everyone makes mistakes.
- Breathe, relax, and try again.
- Reflect on the mistake.
- Learn from my mistake.
- Address the root cause of my mistake.
- Share what I've learned.
- Allow myself to feel my emotions.
- Be patient with myself.
- Ask for help.
- Avoid the urge to dwell on the mistake.
- Remember that I am not a mistake.

