

Learn from Mistakes

It is difficult to learn anything from a mistake unless you can admit it first. Sometimes, the most powerful learning stems from making mistakes. Do not look at a mistake as a failure – it is not. Admit the mistake and fix it.

Admit:



To learn from a mistake, it is important to admit or acknowledge the mistake first. Don't beat yourself up; everyone makes mistakes. Commit to learning from them.

Dig deep:



Look carefully and analyze where, why or how it went wrong. This helps you find an alternate solution to learn from. Seek support if necessary.

Plan with a positive attitude:



Commit to seeing a mistake as a learning opportunity. Plan to learn from it so that the mistake is not repeated.

Your task:

Consider and describe a time when you learned from making a mistake. Describe what the mistake was and how you learned from it. This can be about anything, sports related, hobby, social goal or academic. Be specific in detail and explain how you turned the mistake into a learning opportunity.