

# How Do You React to Mistakes?



Mistakes aren't inherently bad — what counts is how we view and react to them. How do you react to mistakes? Do these actions sound familiar?

**Avoidance.** Trying to avoid mistakes at any cost can be very costly. As Albert Einstein said, “A person who never made a mistake never tried anything new.”

**Repetition.** When you run into a wall, don't dust yourself off and run into it again. Learn.

**Inattention.** Learn from other people's mistakes rather than reinventing the wheel — and making every mistake yourself.

**Suppression.** Sweeping mistakes under a rug never makes them really disappear.

**Procrastination.** Left unattended, small mistakes grow into big ones.

**Dishonesty.** It's one thing to make a mistake and quite another to commit one *intentionally* by being deceitful.

**Denial.** No one wins the blame game. Pointing fingers prohibits learning or progress from taking place. It's time to face the music.

**Judgment.** Mistakes don't make you a failure, but beating yourself up makes you feel like one.

**Trapped.** Dwelling in the past won't help you today.

There shouldn't be shame in making a mistake. The disgrace should be in failing to admit, correct, and learn from it. Make no mistake about it!