



## Grow from your mistakes

Human is an epitome of mistakes and forgetfulness. For the same reason, every keyboard has a 'delete' key or a 'backspace' key. However, when we fail to see our mistakes from the lens of positivity, we see ourselves in a very negative manner. Oftentimes, we end up dwelling on our mistakes and berating ourselves over a mistake we made. This in turn leads to low self esteem.

On the other hand, looking at your mistakes with a positive attitude helps you rise above them. As the famous story goes, before Thomas Edison created the lightbulb, 900+ of her attempts were unsuccessful. Be that as it may, when he was asked how he felt about her failures, he said, "I didn't fail—I just found 899 ways not to make a light bulb."

Lesson learned. When you err, use Edison's positive thinking habit and push yourself to create a healthier self esteem.

## Strategy

Focus on fixing your mistakes, so that you can learn and grow from your mistakes. This positive thinking habit helps you build healthy self-esteem. Now, the next time you make a mistake, try doing the following:

- #1:** Try and see what you can learn from it. For example, if you were rude to someone, you might need to be more careful when you speak. If you got mad at someone, you might need to learn to keep your calm.
- #2:** Fix it. If you were rude, apologize; if you lost your cool, apologize.
- #3:** Let go. Don't hold on to it, move on and don't repeat the same mistake



## Case Study

Fatimah was baking for her friends. She read the recipe wrong in and didn't put sugar in her mixture. They ended up tasting very flavorless and bad. Fatimah was embarrassed and kept beating herself up about it.

"I don't know how I make such silly mistakes," she said, "who makes brownies without sugar?"

"It's okay," said her friend, "we all err; just figure out what you've learned and work on it next time."

"I learned that I need to read the ingredient list more carefully and check off as I put the ingredients," Fatimah said.

The next time Fatimah tried out the brownies, they turned out scrumptious.

She learned that she must focus on what she learned and fix it, instead of dwelling over what she didn't manage. She learned to let go and enjoy the second batch!