

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO LEARN FROM YOUR MISTAKES



Want to use your mistakes to your benefit? Learn how optimistic thinking can help.

Everyone makes mistakes throughout their lives. However, we can choose how we respond to them. Those who hide from their mistakes are not able to benefit from them. When you reflect on your mistakes and consider what you can learn from them, you are able to grow and develop. You leave that mistake with more knowledge about the situation and how you could have possibly responded differently. This takes courage.

Courage can be defined as thinking something is scary, and doing it anyway. You might do this in your daily life by trying new foods, reaching out to an old friend, or doing anything outside your comfort zone. While learning from our mistakes may feel uncomfortable, it is important to develop optimistic or positive thinking when considering them. This may help change your outlook on the mistake and in turn, allow you to find the positive outcome (a learned lesson). Developing optimistic thinking regarding our mistakes may transfer to other aspects of your life as well; creating an overall more positive experience.

Practice Courage Today:



1. CONSIDER A MISTAKE THAT YOU RECENTLY MADE THAT MAY STILL BE LINGERING IN YOUR MIND.
2. ASK YOURSELF "WHAT HAVE I LEARNED?" CONSIDER HOW YOU MAY APPROACH SIMILAR SITUATIONS IN THE FUTURE OR ANY POSSIBLE BENEFITS THAT CAME AFTER THE MISTAKE. DID YOU LEARN ANYTHING ABOUT YOURSELF OR HOW TO DO SOMETHING BETTER NEXT TIME? WRITE DOWN YOUR RESPONSES TO VIEW THEM.
3. THIS IS THE OPTIMISTIC ROUTE. WHEN WE THINK POSITIVELY, WE ARE ABLE TO GAIN SOMETHING FROM OUR MISTAKES RATHER THAN FEEL NEGATIVELY THAT IT HAPPENED.
4. ACTIVATE YOUR GROWTH MINDSET. REMIND YOURSELF THAT EXPERIENCES ARE HOW WE LEARN AND GROW!
5. REPEAT THIS PROCESS TO CHALLENGE YOUR NEGATIVE THOUGHTS WHEN REFLECTING ON A MISTAKE.



Parent Practice Tip:

Talk with your children about the power of optimistic thinking and the impact it can have on your mood and those around you.

To Learn More:

Kids Talk About Mistakes
Talking to Children About
Mistakes

Educational Video for Children

www.ChooseLoveToThrive.org