

♥ Snippets of Encouragement #170

Hello darlings

It is day 170 of Snippets of Encouragement, and I wonder how you feel about mistakes, especially the ones you make.

I've spoken about this a lot in different ways. I am of the opinion that we are quite risk averse and because of this have become extremely cautious in so many ways. There is the pervasive idea that we need to be perfect and we all know this is utter twaddle.

One of my favourite quotes is from me; yes, I know a bit of shameless plugging sometimes doesn't hurt. I've said, "Mistakes aren't tragedies, they are future growth strategies."



Why do I say this? Well, because I've seen people react to mistakes as if they were Greek tragedies.

We see it all the time when someone in public life makes a mistake the rest of us use it as an opportunity to slaughter them. I have to wonder about that gigantic log in our own eyes... how the hell are we capable of noticing their mistakes and being so self-righteous and sanctimonious?

The fact is every single one of us make mistakes. Some of them are

spectacular face plant type mistakes, others are small blips on the horizon of our life.

However large or small they may be, no mistake is a tragedy but are our future growth strategies. We can learn from every experience we create. If we choose to see things as mistakes rather than experiences, we also need to work through the emotion a mistake elicits in us. We inherently experience forms of judgment and condemnation when making a mistake because we have not conformed to some prescribed norm. These emotions can sit in the body leading to disease if not healed.

I recently watched the TED interview between Gayle King and Serena Williams. I discovered that Serena is an exceptionally bad loser. In fact, she says she is addicted to the feeling of winning. I don't know how that must be for her, but I thought wow!

Gayle asked her how she deals with loss or making mistakes as a tennis player. Serena went on to say that, everything for her is a mindset game. How she perceives it is how it will become for her. She said once she is over the anger and



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disappointment of losing a game she starts to evaluate how she can learn from the mistakes she made in her game so that she limits them happening again.

Of course, we know this to be true for all of us. Her husband calls her The Goat, aka The Greatest of All Time, and even with that moniker, she said she has grown and learnt the most through her mistakes and losses.

Today I want to encourage you to lean into your mistakes. Don't be stuck in them, but take everything from them that they came to teach you. See them as strategies for growth and not as tragedies. |

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