

# *I am comfortable making mistakes*

**I am comfortable making mistakes.**

Making mistakes is just part of life. **I am unafraid of making mistakes, because they provide the best opportunity for improvement.**

It is impossible to predict what will happen with absolute certainty. The best alternative is to make my best guess, test it, and see what happens.

I know that the more errors I make, the better I eventually become.

If I am willing to learn from my mistakes, I grow as a person. I become more capable and informed in the process. Mistakes are a tool I use to better myself and my life.

I avoid making my mistakes personal. **A mistake is simply an incorrect guess.** It is an undesired result.

I am okay with making mistakes. In fact, it could benefit me to err quickly and often. That is the fastest way to improve.

I refuse to make a mistake twice. That is one of my rules in life. **A repeated mistake**

**is unacceptable in my eyes.**

Unlike many people, I learn from my errors and take steps to avoid making the same one over and over.

Today, I am willing to make as many mistakes as it takes to be successful. I am comfortable with all the mistakes I might make today. I can be better at the end of the day than I am right now because of my mistakes.

## **Self-Reflection Questions:**

1. What is the biggest mistake I've made in the last week? What did I learn from it?
2. How would my life change for the better if I were willing to make more mistakes?
3. Am I afraid of making mistakes? If so, why?