



Mistakes Reflection Activity

Instructions:

Think about a mistake you made in the last couple weeks, preferably one that is not too emotionally charged. It could be anything – a mistake you made while learning something new, maybe you misunderstood the instructions for a task at work and did it incorrectly, or maybe a social faux pas where you said something you wish you hadn't, or you snapped at someone and regretted it later.

STEP 1

Respond to the prompts in the boxes below. NOTE: This is only for you. You will not have to share this with anyone unless you want to.

What happened?

What were the consequences?

Did you have the opportunity to correct the mistake? If so, how did it go and how did it make you feel?



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STEP 2

In this column, write what you remember saying to yourself about the mistake. Think about what you said both immediately afterwards and later on. Try to be as honest as possible and give as many phrases as you can recall or that you might say in a similar situation.	Is there a way you would like to reframe any of your self talk to be more tolerant of your mistake and to reflect a growth mindset? Use this column to reframe relevant statements.