





Everybody Makes Mistakes

- Every coach understands that mistakes are part of the learning process. When teaching your gymnasts new skills, you know that mistakes are inevitable.
- Staying safe and overcoming the mistakes to learn the skill is the ultimate goal but learning how to deal with mistakes is an important lesson in itself.
- Good leaders also need to learn how to respond to mistakes.



Dealing With Mistakes

- There are two ways to deal with mistakes: positively or negatively.
- People with negative responses take a victim stance, seeing a continuous succession of problems and a process of problems and troubles. They don't expect a lot and they typically don't get much or make excuses and lay blame.
- When things go wrong, they shrug their shoulders and passively accept that this is the way life is and there isn't anything they can do to make it better.

Dealing With Mistakes

- On the other hand, people with a positive response see the opportunities and possibilities.
- They approach their response with optimism, cheerfulness, and a general attitude of positive expectations.
- They expect a lot and they are seldom disappointed.

Dealing With Mistakes

- As a result, people with a positive response are able to deal constructively and effectively with mistakes and temporary setbacks.
- When you develop the skill of learning from your mistakes, you are the kind of person who welcomes obstacles and setbacks as opportunities to flex your mental muscles and move ahead.
- You look at problems as rungs on the ladder of success that you grab onto as you pull your way higher just as our gymnasts build from their mistakes and progress to new skills.



Accept the Mistake

- Two of the most common ways to handle mistakes are invariably fatal to high achievement. The first common but misguided way to handle a mistake is the failure to accept it when it occurs.
- 70 percent of all decisions we make will be wrong. That's an average. This means that some people will fail more than 70 percent of the time, and some people will fail less. It is hard to believe that most of the decisions we make could turn out to be wrong in some way. In fact, if this is the case, how can we continue to function at all?



Take a Risk

- The fact is that our society, our families, our businesses, and our relationships continue to survive and thrive because intelligent people tend to cut their losses and minimize their mistakes.
- It is only when people refuse to accept that they have made a bad choice or decision – and prolong the consequences by sticking to that bad choice or decision – that mistakes become extremely expensive, and harmful.



Intellectual Honesty

- The quality of “intellectual honesty” is one of the most respected qualities possessed by individuals, especially leaders.
- When you are intellectually honest, you deal with your circumstances as facts and realities, rather than hoping, wishing, and praying that they could be different.
- The minute you begin to deal straightforwardly with life, you become a far more positive, creative, and constructive person. You become far more effective in overcoming your obstacles and achieving your goals.

Learning From Mistakes

- Learning from your mistakes is an essential skill that enables you to develop the resilience to be a master of change rather than a victim of change.
- The person who recognizes that they have made a mistake and changes direction the fastest is the one who will win in an age of increasing information, technology, and competition.
- By remaining fast on your feet, you will be able to out-play and out-position your competition.

Opportunity Experience

- Approach every mistake you make as a special learning experience, one to teach you something valuable and necessary for your success in the future. Become an "inverse paranoid," a person who is convinced that there is a vast conspiracy in the world to make you successful.
- Play with the idea that there are a series of circumstances out there working on your behalf. These circumstances are "learning experiences" to enable you to grow as a person so that you can reach and achieve the great heights that are meant for you.

Job Security

- Whenever something happens of an adverse nature, immediately counteract your natural tendency toward disappointment and frustration by saying, "That's good!" Then, get busy looking into the situation to find out what is genuinely good about it.
- Every day, all day long, you have problems in your work. In fact, if the problems did not exist, your job would not exist either. A powerful way to change your thinking is to realize that solving problems is what you are paid to do. Your job is to be a problem-solver, no matter what your title might be. All day long, you deal with problems and mistakes – coaches correct performance mistakes caused by their athletes, you deal with mistakes made by staff and customers. The more mistakes you can spot and redirect before the consequences are felt, the more valuable you will become as a professional.

Best Practices

- Approach the mistake with a positive, constructive frame of mind
- Define the mistake clearly
- Examine all the known causes of the mistake
- Identify all the possible ways of mitigating the mistake

Best Practices

- Make a clear, unequivocal decision about how to handle the mistake
- Assign specific responsibility for taking the steps necessary to mitigate the mistake within a certain time frame
- Take action

Mistakes Happen

- The only guarantee in life is that most of the decisions you make and conclusions you come to will eventually prove wrong. How you deal with these situations is the chief determinant of your success or failure.

Mistakes Are OK

- Mistakes and problems are good. Without them there would be no opportunities for greatness. When you take every challenge that life throws at you, accepting it as an inevitable part of the growing experience, you can turn it to your advantage in every way possible.
- Almost every mistake you make contains a hidden treasure that you can apply to your life to forge a future that is extraordinary and worthwhile.


