Resilience: Mistakes Are a Gift

Observe how you react to mistakes. If you think about it, the times that you learned the most were the times when you made a mistake. Do you admit to your mistakes? Do you apologize when appropriate? Are you defensive?

Ask a trusted friend’s opinion as well. If you react badly or make no mistakes at all, you may be considered as “unteachable” to those above you. Take on a perspective of being a life-long learner. Make mistakes. Accept the feedback. Apologize when appropriate. Learn from your mistakes.

Here are two suggestions for how to improve when dealing with mistakes.

- **Do something:** Listen to the feedback you receive today. We all receive feedback every day. Pay attention for 24 hours. Who do you receive it from? How did you react? Have you heard this before? Finally, do something! Accept the feedback. Make the change. Develop yourself.

- **Create a personal advisory board:** Put together your personal board of directors/advisers. Choose a wide variety of experts who will serve, and let them know that you will be calling upon them for advice. As your needs change, so will your board. Make sure to regularly keep in touch. Take them to lunch to thank them for helping you.

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