

Personal Reflection Exercises...

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Mistakes help me travel on a journey and arrive as a better person. I get back up with new insight each time I stumble. ***There is a lesson to be learned in every situation.***

I take time to reflect when I am down. I ask myself, "What did I do to get to this point?" and, "What can I do in the future to avoid this situation?"

Personal growth is the best outcome of any mistake. I am slow to anger because I once lost my temper and offended a loved one. My finances are in order because I once found myself buried in debt. Only truth enters my mind because I once found myself tangled up in a web of lies.

From each experience, I have learned that there is a light at the end of my tunnel. It would have been easy to allow rage, debt, and lies to reign my life, but I strive to choose a better way. I learned my lessons and I enjoy the fruits of peace, prosperity, and truth.

I acknowledge that we all have faults. Making mistakes is part of being human. I do

not know everything. ***I will make mistakes and that is okay. It's what I do after that counts.*** I forgive myself and I choose not to dwell on my errors.

Mistakes are life's built-in lessons because there is no training course for life. Maintaining a pure heart helps me learn from my mistakes and avoid making them again.

Self-Reflection Questions:

1. Which of my current qualities is the result of a lesson learned from a mistake?
2. How often do I take time to reflect on the results of my mistakes?
3. How can I capitalize on my mistakes?