

## Why Is it Great to Be Able to Make Mistakes?

Mistakes comprise a minimum of 50% of learning. Many of the greatest inventions are the result of “mistakes.” If you fear mistakes, use some of the self-talk listed below to help you discover that mistakes help you learn.

1. **“I fear making mistakes but as I make more and more, they will not frighten me anymore.”**  
This kind of thinking can diminish and even eliminate the fear of making mistakes. To feed the fear of making mistakes, you must think things such as, “I fear making mistakes because if it isn’t perfect, it is no good” or “I believe 1 mistake ruins the whole thing.” In reality, a small mistake **does not** ruin an otherwise fine whole. This is erroneous thinking and prevents learning and moving beyond the fear of mistakes. In reality, most mistakes aren’t really mistakes. They are simply attempts that didn’t work.
2. **“Mistakes are like a warm, friendly, teacher who is helping me to learn.”** It is good to make mistakes because that is at least 50% of the way people learn. Without mistakes, humans learn very little. No one can avoid mistakes and anyone who wants to learn shouldn’t want to. Mistakes are inevitable but how you handle them, learn from them, and accept them is your choice and 100% within your control.
3. **“If I must make mistakes to become successful, I will make them and learn.”** Recognizing your mistakes helps adjust your behavior so that you learn what it takes to become more successful. Avoiding what doesn’t work is at least, one-half of the learning process. Unless you try something and discover it doesn’t work there is no other way to discover what does work. When you find what does work, it is called SUCCESS!
4. **“Bring on the mistakes. I am not afraid.”** If you fear mistakes, you risk becoming paralyzed and too afraid to try. In fact, **everyone** makes mistakes and learns from them. This is an important way human beings learn. If you won’t try because you fear mistakes, you cannot learn what it takes to be successful. ***The more you try the more mistakes you make and the more likely you are to become a success.***
5. **“Other people will still like me if I make a mistake.”** Most people are not going to be mad at you or dislike you because you make mistakes. Everyone makes mistakes and truly, most people are uncomfortable around “perfect” people.
6. **“I will not die if I make a mistake.”**