

Turning Mistakes Into Lessons

Reflect on what happened, what you learned, and what you'll do differently next time.

What happened? Describe the situation. What did you do or say?

What was going on at the time? What were you thinking or feeling? Were there circumstances that contributed to your reaction?

What was the result? How did your action affect you, someone else, or the situation?

Looking back, what could you have done differently?

What did you learn from this experience?

What will you do differently in a similar situation in the future?