

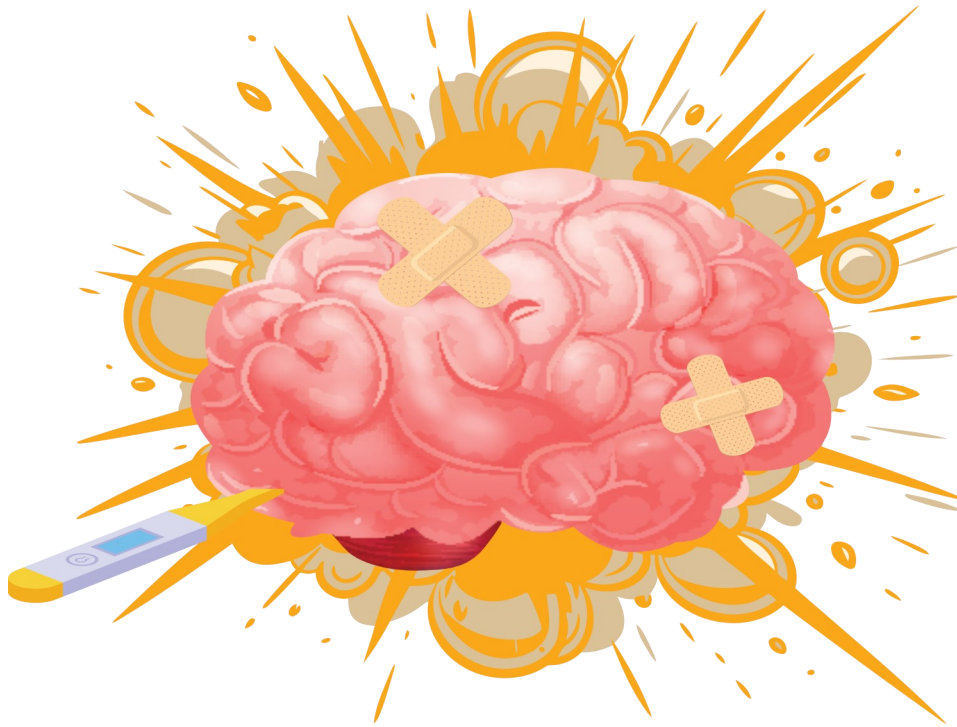
# UPDATE YOUR OPERATING SYSTEM

Every time your phone or computer updates, it overwrites it's programming to a more efficient version to make it run better and correct any errors.

Once developers have updated the programming the old data is deleted.

If the computer was to hold onto every mistake and old piece of coding it would run slower and slower until it was so clogged-up nothing would work.

## IT WORKS THE SAME WAY FOR YOUR BRAIN.



Mistakes are just like old programming ... if you hold on to them, they weigh you down and stop you being able to function properly. They take up space in your brain that can be used to move forward in a more positive way and learn from what went wrong to change things for the better.

## MISTAKES CAN BE USED AS A CATALYST FOR CHANGE

Use the sheet along-side to work through the process of using a mistake to create a positive outcome.