

USE MISTAKES TO POWER-UP

What happened?

What part went wrong?

What part went right?

What did I learn?

What can I build on?

Do I need to apologize or make amends?

Use the information on the previous page to work out a new plan.



TRY AGAIN

Did things work out better this time?



YES

Amazing!!

Well done for putting the time and the effort into moving forward and putting things right.

Keep the process in mind for the next time you need it.

Take a second to be proud of your determination and perseverance!

NO

Excellent Attempt!!

You've done really well putting the effort in to make things right. You've moved forward ... you just haven't got there YET.

Your brain has learned and made new positive connections ... you're starting again with much more knowledge than last time.

Dig deep go back to the start of the process and change your notes to include what you've learned from this attempt.