

## Learn from your Mistakes

The best learning is by making a mistake.

When we make a mistake, especially a big one, we learn, and we remember. We remember the danger and the problem created by the mistake. We don't have to memorize, we learn instantly.

As a sailor for many years, I have made a lot of mistakes. No, I won't share them, trust me, there have been plenty. Yet, because of the mistakes, I am a far better sailor today. Mistakes, accidents, and near disasters teach unforgettable lessons.

Sometimes I reflect on my sailing mistakes, and it makes me realize how fortunate I am. Someone has to be looking out for me and protecting me, as I sure have not done the best job of it.

What mistake did you make that caused a problem or near disaster? What was the lesson? I'll bet you can recall it instantly, and you know what to do and what not to do.

Kids make mistakes. We do our best to teach and explain. But, often, kids have to make the mistake themselves to learn and truly understand.

My father was exasperated at me many times when he told me something, and I did not listen and continued to make the mistake. Once I made the mistake, his words came back to me.

Why do we have to learn the hard way? Even when told, we often just continue to do it our way in spite of having heard the risks. Then, we learn.... We learn the hard way.

Learning by reading and listening is the norm. Yet, learning by doing is the best way of learning and the easiest to retain. Yet, there is no learning as good as making a mistake.

How often do you remember your mistakes and continue to beat yourself up over them? Oh, 'I was so stupid,' or 'I should have known better.' Yet, the proper way to look at the mistake is to realize it was you learning. You've learned, and you won't make the same mistake again. Or, if you do, it's a decision, it's a choice. For some reason you were willing to make the mistake again.

The only way not to make a mistake is to never do anything, especially anything new. But, that is not living, it's not engaging with life, and it's not fun. The more mistakes you make, the more you have done, and the more you have learned.

It's fall, the kids are back in school. Well, we should all be back in school, learning, growing, and trying new things.

How many mistakes can you make and learn from today?