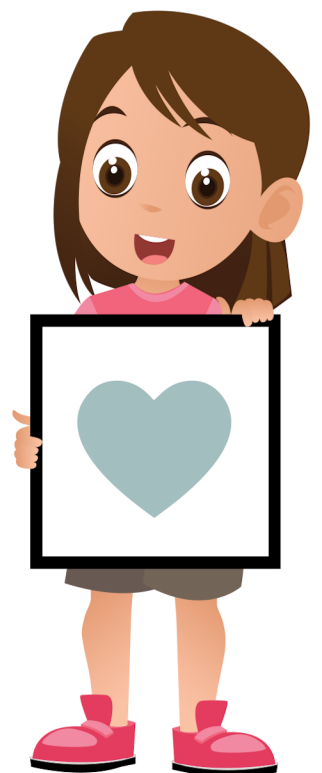


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.



Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

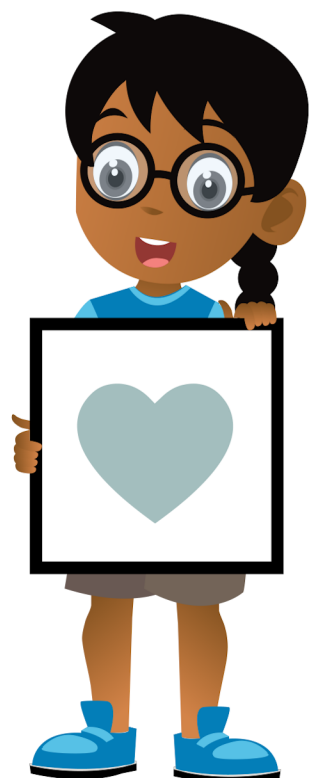


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

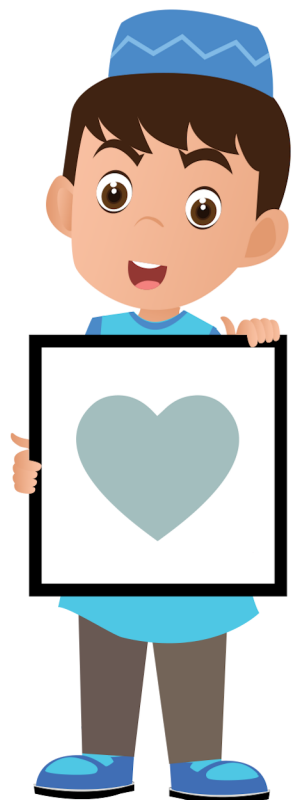


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

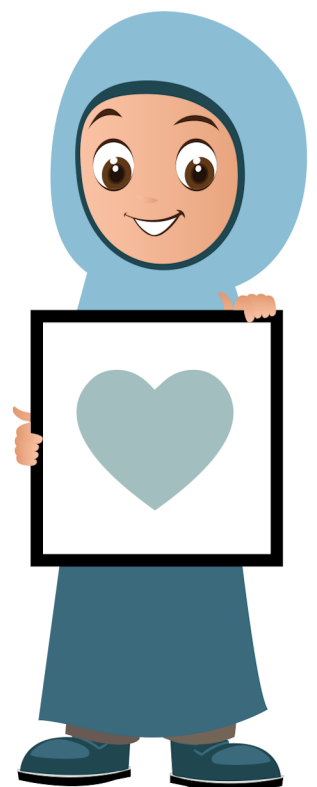


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

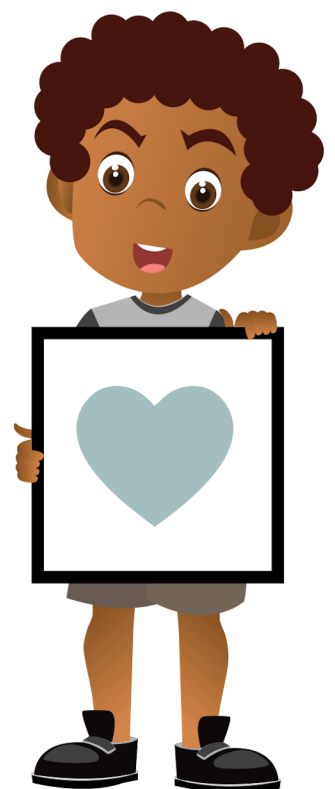


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.



Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

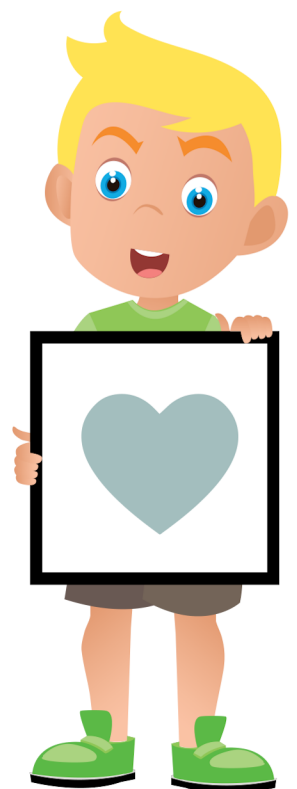


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

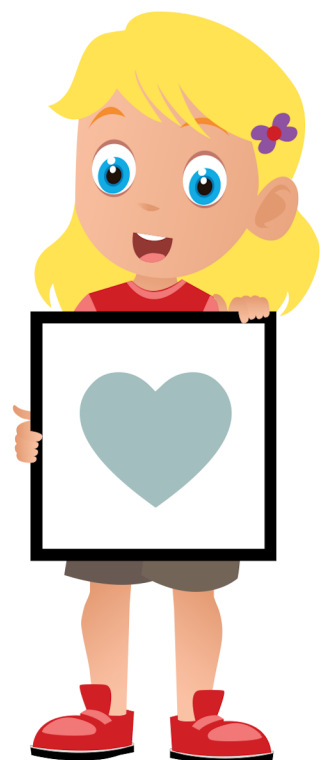


Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.



Name: _____ Date: _____

I MADE A MISTAKE

Which of the following can I do when I make a mistake?

- ☐ Be honest that I've made a mistake.
- ☐ Sincerely apologize to anyone affected.
- ☐ Forgive myself for making a mistake.
- ☐ Think of ways to do it better next time.
- ☐ Remind myself that everyone makes mistakes.
- ☐ Breathe, relax, and try again.
- ☐ Reflect on the mistake.
- ☐ Learn from my mistake.
- ☐ Address the root cause of my mistake.
- ☐ Share what I've learned.
- ☐ Allow myself to feel my emotions.
- ☐ Be patient with myself.
- ☐ Ask for help.
- ☐ Avoid the urge to dwell on the mistake.
- ☐ Remember that I am not a mistake.

