A different response to mistakes

Go through one mistake: what happened, how much it matters and what to take from it.

Name _____ Date _____

What happened? Just the facts.

What did my critic say about it?

How bad does it feel right now?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — The worst

Putting it in proportion

What actually followed from it? Who noticed? What was the real effect?

What else contributed, apart from me? (Time, information, other people, tiredness)

How much will this matter in a month?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Hugely

If someone I respect had made this mistake, what would I think of them?

Using it

Anything I need to put right

- [ ] An apology
- [ ] A correction
- [ ] A conversation
- [ ] Nothing

What I will take from it for next time

A fair, kind summary to tell myself

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