

I accept my mistakes

I accept my mistakes.

I acknowledge that I make mistakes and errors in judgment, but I also learn from my mistakes, so I grow.

My mistakes make me stronger. They teach me more about the world and myself. They show me the beauty in imperfections. Mistakes give me a chance to start again.

I accept every mistake I make.

I know that mistakes are a normal part of living. We all make them and regret them. However, I avoid feeling sorry for myself after a mistake.

In fact, I continue to feel good about myself despite my mistakes because I know that **each error actually brings me closer to success.**

I use them as an opportunity to reflect on my life. Each blunder gives me the chance to stop, study, and discover new ideas.

I forgive others and myself for all the mistakes we make. I understand that our humanity is responsible for these blunders. I

know the universe has a plan for each obstacle we encounter.

I move forward with confidence.

I have value that is independent of my mistakes. I am worthy of love despite my blunders. I deserve a chance to make amends.

Today, I accept that mistakes are a natural part of life. I acknowledge my errors, learn from them, and move on.

Self-Reflection Questions:

1. How can I move past my mistakes if others continue to bring them up?
2. What can I do to eliminate the guilt and shame that appear after a mistake?
3. Who can help me learn from my mistakes?