



ENABLE EXERCISE #32

Learning From My Mistakes

“Anyone who has never made a mistake has never tried anything new.”

Albert Einstein

EXERCISE

Think of 5 events in your life when you made a mistake or were less successful than you wanted to be at work, school or life and what you learned from it.

Use the table below to record the events and reflect on what you learned, how it made you stronger and how you grew as a result of the mistake you made.

Mistake	What I Learned From It
1.	
2.	
3.	
4.	
5.	