



**To avoid situations in which you might make mistakes may be the biggest mistake of all**

Peter McWilliams, Life 101

## **Week 12 - Mistakes**

Playing it safe and trying to avoid mistakes? Focusing on avoiding mistakes stifles your learning. The sooner you discover what doesn't work, the closer you are to discovering what does. It is through trial and error that we get to our true answers. This week, do two things that take you out of your comfort zone. Take a risk. Write down how it felt. What happened around taking that risk?

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