

ANTIFRAGILE PRINCIPLES EXAMPLES

6. Life Is Imperfect and Full of Small Errors

A mistake is an error in judgment, misunderstanding, or misguided action. You won't always have poor intentions when making mistakes — in fact, many mistakes are accidents. They can occur because you simply didn't know better, whether in your personal or professional life. Several consecutive mistakes could lead to failure, but the terms aren't synonymous. Fear of failure is natural. But since humans are not perfect, errors are inevitable, and both mistakes and failure are great learning experiences. What matters most is what we take away from our mistakes, and how we learn not to make them again.

Making mistakes always has benefits in the case if you follow the following steps after an error:

- 1/ Acknowledge mistakes.
- 2/ Reframe and analyse the mistake.
- 3/ Ask yourself the hard questions.
- 4/ Put the lessons you have learned into practice.
- 5/ Review your progress.
- 6/ Recognize that it is ok to feel vulnerable.
- 7/ Remember that we can't avoid making mistakes.

Life is hard. But with the lows come the highs, and your situation will get better. If you or someone you know is feeling down, try reading the following inspirational quotations. They're guaranteed to put a smile on your face and give you the spark you need to gather all you've learned and keep going.

"The past can hurt. But you can either run from it or learn from it."

"Learn from every mistake because every experience, encounter, and particularly your mistakes are there to teach you and force you into being more of who you are."