

Your Best Mistake: A Monthly Reflection

Growth doesn't always come from what went right.

Sometimes the most meaningful progress comes from the moments that challenged us, stretched us, or forced us to see something differently.

Use this reflection at the end of each month to process, reframe, and grow with intention.

1. What felt hard this month?

What challenged you, frustrated you, or didn't go the way you hoped?

2. Where did I feel discomfort, embarrassment, or self-doubt?

What moment stayed with you - and why?

3. What might this moment be trying to teach me?

Instead of asking "Why did this happen?" try asking: "**What is this showing me?**"

4. What did this reveal about me?

What did this experience uncover about:

- my habits
- my leadership
- my boundaries
- my values
- my voice

5. What do I want to do differently next time?

What is one shift, boundary, decision, or mindset you want to carry forward?

6. What did I handle better than the old version of me would have?

This is important. Growth is often subtle.

7. What is one mistake, misstep, or messy moment I can reframe as evidence of growth?

What if it wasn't proof that you're failing...What if it was proof that you're evolving?

Monthly Reminder

You are not behind.
You are not broken.

You are becoming more informed, more discerning, and more resilient.