

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Mistakes Happen

Making mistakes is part of life, but there can be a lot of fear around this aspect of our humanity. When mistakes happen in the workplace, it's not the end of the world. Rather, we can acknowledge them with compassion, and view them as opportunities to learn and grow.

A SIMPLE MEDITATION FOR WHEN YOU'VE MADE A MISTAKE...

- Sit comfortably in a quiet place. Take a few grounding breaths.
- Begin by noticing what emotions are present. Try to separate the emotions from the story, instead, scan your body from head to toe to explore these emotions physically.
- Focus your attention on one area where the physical sensation (emotion) is most prominent. Breathe into this area for a few minutes.
- Notice if the sensation shifts or changes. Become curious about it.
- For extra support, offer this sensation the words of compassion it might need to hear.
- When the sensation dissipates (as it eventually does), repeat the following affirmations:

It is human to make mistakes.

My mistakes do not define me.

I learn and grow from my mistakes.

I love myself unconditionally.

WHEN MISTAKES HAPPEN:

- Take three deep breaths
- Acknowledge mistakes are part of being human
- Offer compassion to yourself (or to the person who made the mistake)
- Inquire: Is there something to be learned from this mistake?

