

Learn from it.

Brainstorm ways
to do it better
next time.

Take
responsibility for
what I did.

Make amends if
I hurt someone
else.

Talk about it with others to
avoid getting stuck in
shame.

Apologize.

WHAT TO DO WHEN I MAKE A MISTAKE

Remember that I
am not a mistake.

Keep things in
perspective.

Breathe. Regroup.
And try again.

WHOLEHearted
SCHOOL COUNSELING

Be honest with
myself and
others.

Forgive myself. 

Recognize that I am
one step closer to
getting it right.

THIS

Remind myself that I am
human. And that's what u
humans do. We make
mistakes.



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Thank You!



Thank you for downloading this resource!

I love creating tools that invite young people to voice
& shape their authentic, strong, vulnerable & brave selves
and that hopefully make your job easier (and more fun), too!
Please contact me with any questions, requests, or feedback at:

wholeheartedschoolcounseling@gmail.com

Joy to You! -Anita



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