



# Embrace Mistakes

*Blocks*

Perfectionism

Pressure to perform

Fear of criticism/judgement from self and other.

Creativity, at heART, is a processes of learning to fail forward. Making mistakes is how we learn and how our brain stays adept. As babies we did this naturally and developed walking, talking, and knowing that we were separate little beings from our caregiver because of it.

But, as we grew older and more socially sensitive, as well as from any sort of traumas, many of us learned that mistakes meant rejection and criticism.

But without a mindset that allows you to embracing mistakes more, creativity and change will stay stuck because they both happen from making mistakes and adjusting accordingly. Your brain is wired to learn thru making mistakes and we need novelty to stay curious and growing. You actually are designed to do it!

Cultivating this mindset is a key to your creativity and the art of creating your life.

## ? Provocative Question

What in your life would benefit from way more freedom to screw up, F up a little, make mistakes and be OK about it, even thrive more because of it?



## 😊 New You Action

Do something intentionally badly or awkwardly today. Screw up on purpose. Try doing something out of routine or out of order. Some suggestions;

- don't make your bed or make it sloppily
- doodle with abandon
- Move your garbage can to a different spot can for a few days
- try to draw something in your house, a still life sketch
- wear your clothes backwards or inside out
- don't clean the kitchen to spotless, leave a few dishes around
- blurt something out to a safe friend or group without self editing
- paint poorly - don't try to get it right - actually try to get it wrong

## 🛍️ Mystery Bag (Mindset - Magick - Money)

MONEY - Take a tiny step closer to correcting a financial 'mis-take' from the past. A time you didn't take something or took the less than honest path.

As ideas . . . start that conversation you've been avoiding, check your balances, offer that offer even if it's just to one person and they might be a friend of yours, or write a kind letting you off the hook letter to your younger self who didn't know any better at the time.

Let yourself forgive yourself in some way and also identify what you learned about yourself from the 'mis-take' in your journal.



# Notes & Inspirations