

Day 8 Make Mistakes

Quote

When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn. Harriet Beecher Stowe

I wouldn't change anything. I've made mistakes, but thanks to those mistakes, I've learned.
Enrique Iglesias

Bible Verse

May the favor of the Lord our God rest on us; establish the work of our hands for us - yes, establish the work of our hands. Psalm 90:17

Inspiration

How to learn from mistakes

<http://www.youtube.com/watch?v=up4hFj-jcTY>

Gratitude link

Transformative power

<http://www.beliefnet.com/Wellness/Gratitude/The-Transformative-Power-Of-Gratitude.aspx>

Journaling

What lessons have you learned from mistakes in the past?

How do you deal with your own mistakes?

Do you show more compassion to others that make mistakes than you do to yourself?

Technique

Acrylic block stamping

<http://www.youtube.com/watch?v=OrQxl-hOtEo>

Action

Next time you make a mistake, instead of being hard on yourself, ask yourself what you can learn from it. Be thankful for the lessons learned.