Use this reflection sheet as a tool to record those events or situations in your life YOU believe are mistakes. In reality there are no mistakes, only opportunities to learn and grow. Look at your mistakes as an opportunity to reveal a part of yourself and discover areas you can work on in your life!

Slip Up #1: __________________________________________________________

_____________________________________________________________

Lesson learned: ______________________________________________________

_____________________________________________________________

Slip Up #2: __________________________________________________________

_____________________________________________________________

Lesson learned: ______________________________________________________

_____________________________________________________________

Slip Up #3: __________________________________________________________

_____________________________________________________________

Lesson learned: ______________________________________________________

_____________________________________________________________