WAYS TO AVOID THE MISTAKES COMMITTED

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As humans, committing mistakes seems to be a natural thing for us. Oftentimes, we commit errors and try to makeup or avoid the same thing to happen again. But were there times when you did the second mistake? That you committed the same “crime”?

If you think you do not want to commit the same mistake again and again, this article is for you.

In reference to the study published in the European Journal of Science and Technology, making mistakes is alright as long as you know how to makeup or go back in track after committing the mistake. Remember that even dignified people also commits mistakes. Even professionals and top performers also happen to make some errors in their lives. There are certain aspects in their lives when they skipped on something or were not able to do their tasks unintentionally. But the point here is, we could do something to avoid the second mistake.

Have you ever wondered why the leading performers excel from others? It is not because of perfection, but rather it is because of consistency. It doesn’t really matter if you did a lot of mistakes altogether. But what is unacceptable is for you to commit the same mistake in a row. Imagine that? That means you did not learn from your mistakes.

In a blog of James Clear (https://jamesclear.com/articles), he stressed on some strategies in order for a person to avoid committing the second mistake.

Start the good behavior within yourself. You are the one who will be pushing yourself to avoid repeating the same mistake and nobody else. You know already what to do and
you knew the consequences of the mistakes you have done. You already know the right thing to do, so just start doing it.

Distance yourself from distractions. Learn to abolish the things that could lead you to commit errors. There are errors that can’t be avoided, yes, but once we learn to eliminate the things that take us off track, we could resolve the problem simply. There is a saying that goes, “If things are not adding up in your life, try subtracting.” Maybe it’s just a matter of lessening some things in our lives that doesn’t help us become better.

Acknowledge your mistake. It is important to accept that we have wronged because it could help us not to do this mistake over again. Do not focus on the shame of admitting our failure or error, rather reexamine what or how to do better next time.

Stay focused on improving yourself. By means of focusing on how to improve yourself, you can find that you are able to prevent yourself from doing or repeating the same mistakes again. Learn to set your goals, and make these goals higher.

Now that you know how to avoid repeating mistakes, your task now is to have the change within and to start it right away. Always be the better version of yourself.

References:

https://jamesclear.com/articles
https://www.wikihow.com/Avoid-Repeating-the-Old-Same-Mistakes-All-over-Again