



## TBH “NO MISTAKES” WORKSHEET

### THE SCIENCE

As the saying goes, “to err is human, to forgive divine.” We all make mistakes. Yet we also all have the capacity to forgive. And the process of forgiveness can bring us closer to ourselves. Practicing self-forgiveness can help us build greater self-awareness. We can learn from our mistakes, grow from the experience, and foster a more positive sense of ourselves. An advantage of the third age of life is that although we continue to make mistakes, we have gained wisdom and experience that can help us put those mistakes into perspective.

One way we can bring more self-forgiveness into our routine is by journaling or writing down our thoughts. Studies have shown that the act of putting our thoughts about forgiveness on paper can help us explore our feelings and support us as we move forward towards a deeper understanding and acceptance of ourselves.

### NOW DO IT!

The 3-question approach taught in class can be helpful as you work towards self-forgiveness. Use *TBH No Mistakes/Just Lessons Journal* to continue your exploration.

1. **“I am not happy that I ...”** Our first step is to acknowledge our mistake - what we did, said or thought that we are unhappy or discomforted about.
2. **“It’s okay that I ...”** The next step is to accept that mistakes happen and forgive yourself. Focus on the thoughts and feelings you have around the mistake, and then make a conscious decision to let them go.
3. **“Next time I can ...”** Our third and final step asks us to apply our wisdom and experience to find the lesson in our mistake. What is it you can try differently next time?

### TBH TAKEAWAY

Mistakes are part of human nature. But it can be hard to reflect on those mistakes, forgive ourselves for them and acknowledge the lessons we’ve learned from them. Processing our mistakes by writing them down and reflecting on them can help us do just that.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!