

Falling Down Isn't The Problem ... It's How You Get Up That Counts

Life is fraught with uncertainty. No matter how hard we try to avoid the potholes, there's always another obstacle looming on the horizon.

How we recover from our personal and professional mistakes makes all the difference in the world. My latest book, *Take the Ride of Your Life!*, has some useful tools for making that graceful recovery.

1. Look at those old patterns

The obvious mistakes are easy to correct ... it's what we don't see that causes the most damage. Have you ever noticed certain situations keep popping up? And some problems just get worse?

Start observing your rituals. This will help you decide which patterns are working and which ones are keeping you down.

2. Get some positive feedback

The most valuable and underused tool we have is input from our true friends. Who else can you trust when you're stuck in a rut?

It's difficult to recognize our own shortcomings, but a trustworthy friend can gently introduce areas for improvement. Open yourself to hearing what they have to say, and drop the defense mechanisms!

With your eyes newly opened, look for new ways of dealing with habitual mistakes, write down an action plan, and see how it works.

3. Forgive yourself

Our inner voices can be merciless! Forgive yourself. Quit carrying the guilt and shame around like a heavy suitcase. Torturing yourself with past failures helps you achieve ... nothing.

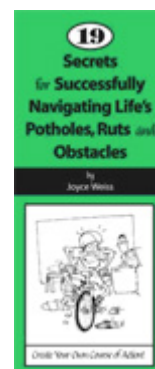
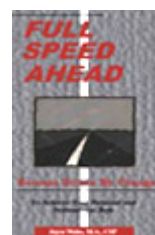
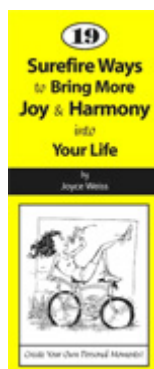
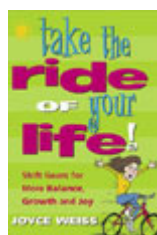
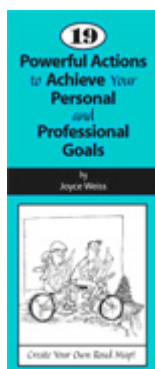
Blame is another reason we don't always get over our mistakes. We blame others for our mistakes, thinking this will shrink our guilt.

Once you get beyond guilt and blame, you can start enjoying the ride.

Joyce Weiss, author of *Full Speed Ahead* and *Take the Ride of Your Life!*, is a world renowned certified speaker professional, executive coach, and facilitator on employee performance and group dynamics. She's motivated more than 50,000 people in over 500 businesses, captivated countless listeners on radio talk shows, and written for hundreds of publications.

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