

Empowerment and moving forward – 'miss takes'

Let's talk about mistakes or 'miss takes' as famously quoted. Focusing negatively on our perceived mistakes drains valuable energy...

- Energy that could be used to help more pets and their guardians.
- Energy that could be used to take care of yourself and your own human and pet family.



Real mistakes happen, but these can be a learning curve. How can we do things differently next time?

By making mistakes, or having moments of weakness we learn, we grow. It doesn't mean you are useless or stupid. In fact, these can lead to opportunities and potential growth. How can you turn this into a positive action, what lessons were learnt, how can we do things differently next time.

And sometimes when things don't go wrong, it's not your fault, you may have been given the wrong instructions, or a lack of communication.

You can do two things, reframe it as an opportunity or you can see how things could have been communicated better next time.

REFRAMING:

Instead of:

"The training session was a complete disaster, I was a complete failure"

Try...

"The training session challenged my skillset and experiences, next time this will give me an opportunity to have a more in-depth knowledge of the situation and be better prepared"

COMMUNICATION:

Don't assume you have all the correct information, ask questions, ask again and communicate as much as you can.

We are always learning new things and at the end of the day are human. Learning can be hard, sometimes frustrating. It can feel like the more we learn, the less we know. That's because you are opening new gateways, exploring new opportunities. Like a giant sponge you seek to learn more!

But remember learning is a journey, new developments in your business (that may be stressful) will happen (sometimes unexpectedly). Stop being your worst critic and be kinder to yourself. Your wisdom, your knowledge, your kindness is powerful. Kindness for clients, their pets, your family, your friends, your colleagues, your business connections and YOU.

In conclusion...

There is nothing wrong with acknowledging your weaknesses or mistakes. But constantly focusing on them, to an extent it limits you from moving forward is not helpful. Try not to beat yourself up with rigid ideas of success, this will only hold you back and prevent yourself from achieving your potential. But also, do not put yourself at risk, cases that are way out of your experience or skillset, or not planning for that first session