

7 Tips to Help You Avoid Repeating the Same Mistakes

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Most of us live lives riddled with the same mistakes relived time and time again. This is incredibly common, but life doesn't have to be this way. **We have the ability to learn from our past.** We can make wiser decisions and behave differently in the future. Those that can do this successfully find life to be much easier than those that can't.

Imagine a life where you only make a particular mistake once. How much easier and more successful would your life be? Many of the mistakes we repeat severely limit our progress.

Eliminating repeated mistakes can be more powerful than learning new information or developing new skills.

Consider these ideas to make the most of your mistakes and never repeat them again:

1. Identify your mistakes. You can't avoid what you don't identify. Look back over the last few days and think about the mistakes you've made. Do the same with the past year, and then your entire life.

- Write out all the significant mistakes you've made.
- Repeat this process each evening for the day you just lived.

2. Notice patterns of behavior. It's generally not the mistakes you only make once that disrupt your life the most. It's the mistakes you make over and over.

What are the mistakes you seem to make time and time again? These are the mistakes that deserve your focus.

- Fixing these mistakes will have a great impact on your life.

3. **Have a plan.** It's not enough to identify your mistakes. It's important to have a plan going forward into the future. **What will you do when the same situation arises in the future?** How will you avoid making the same mistake again?

- Identify how you want to handle things going forward. Without a plan, you're doomed to repeat your mistakes.

4. **Harness the power of habits.** If you're regularly making the same mistakes, this is a perfect circumstance for developing a new habit. **The best way to replace a negative habit is to create a new, positive habit.**

- Suppose you're consistently late for work. A beneficial habit to develop might be to wake up 30 minutes earlier.
- If you drink too much soda, a good habit to create might be to carry water with you everywhere you go.
- Identify new, more beneficial habits that will ensure you don't repeat your mistakes.

5. **Understand the negative impact of the mistake.** Ensure that you understand the full impact your mistakes are having on your life. You'll be more motivated to avoid repeating them if you have a complete understanding of how they negatively impact your life.

- Pain is a significant motivation for humans. What pain are your mistakes causing you?

6. Understand the benefit of the new, positive behavior. Fortunately, humans are also motivated by pleasure. Identify the benefits you will receive by changing your behavior. It's not enough to casually recognize the benefits.

- **It's imperative to visualize the benefits and create an emotional charge.**

7. Monitor. Notice when you've made a new mistake, repeated an old mistake, or avoided an old mistake. Checking yourself regularly is the best way to continue making progress.

No one likes to make mistakes, but it's simply a part of life. However, just because mistakes are common doesn't mean we have to continue making the same mistakes over and over again.

Ensuring that you make a mistake only once is a great way to enjoy your life more and to experience more success. Vow to yourself that you're only going to make a particular mistake once. Once is enough!