

Make Peace with Your Mistakes Transcript

We can be so hard on ourselves. This is especially true when we tell ourselves that we've "failed" or don't measure up to some expectation we have. What about giving yourself a break for being human, and credit for even trying?

This meditation can help you get in touch with the part of you that is doing the best you can, and to recognize that what's happened in the past doesn't determine the present.

Let's begin.

I'd like to invite you to get into a comfortable seated position with your head, neck, and spine aligned; body grounded on the floor.

We are going to begin by taking a few deep breaths in and out of our noses to slow down our bodies and to slow down our minds. Each breath longer than the last. Each breath slowing us down more and more.

If you happen to face a distraction, that's fine. Just recognize the distraction, whether it's a thought or an external sound. Let it pass. Return to your breath and slow your body down with each inhale and each exhale.

Often times in life we allow ourselves to get a little too excited. We allow ourselves to get a little too worked up because we try to be perfect. And in attempting to reach that perfection we end up increasing our stress levels. This results in our becoming less effective, which is the exact opposite of what we are trying to do.

Remember that it's okay to make mistakes. Remember that you are your toughest self-critic. And that it's fine for you to stumble or fall. It's okay because it's part of the human process. It's okay because we grow from these trials and tribulations. We become stronger from mistakes that we've made.

And everybody makes mistakes. But your mistakes were made in the past. Be in the present. Focus on your breath, on each inhale and each exhale. Anxiety forms from things that have happened in the past. What matters most is what's happening now.

Breathe in. And breathe out any negativity that has accumulated from mistakes that have been made.

Breathe in. Breathe out. And know that you have grown and are a better person from mistakes that have been made.

Breathe in. Breathe out. And be here now in this present moment.

Now we are going to bring ourselves back to our bodies.

You can begin by slowly wiggling your fingers and toes.

Roll your wrists and your ankles.

Turn your head to the left and to the right to stretch out your neck.

And slowly blink your eyes open and come back to your senses.