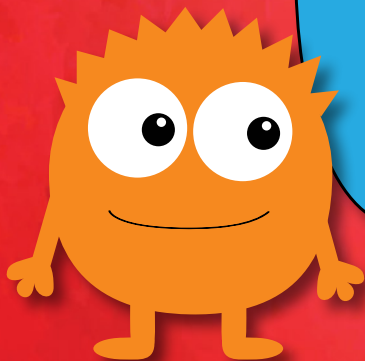


LIFE WORKS!



I MESSED UP



**HOW TO
OWN YOUR MISTAKES**

by Sloane Hughes

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MESSING UP!

We all mess up. Things don't always go the way we planned. And sometimes we're wrong.

I messed up!

It's okay.
We all make
mistakes!





Mistakes can be **frustrating**. But making a mistake is okay! When we own our mistakes, we know what we did wrong. Then, we can be better because of them.



ALL KINDS OF MISTAKES

Mistakes can be big or small. They can happen in many ways.



Sometimes, we say
the wrong thing.



We can make a mistake
and get somewhere late.



Even when we try really hard,
we don't always get things right.

No matter the size, messing up can be hard.
It can make us feel many things.

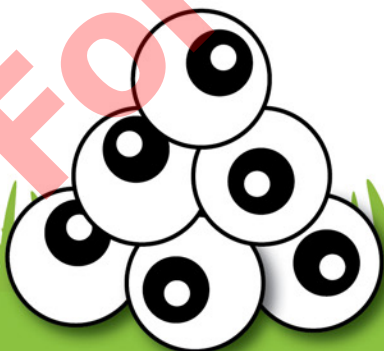
Think of the last
time you messed up.
How did it make
you feel?



BEING REAL

No one is **perfect**. But sometimes the fear of not being perfect stops us from trying new things. It can keep us from taking on a **challenge**.

It seems really hard. I don't know if I can do it.





But think of all the fun things we might miss if we never try! Instead, we can be kind to ourselves when make mistakes.

