

July 2023 Newsletter



Mistake or... ‘‘Mis-Take’’?

When you read the word ‘‘mistake’’ what comes to your mind? Anxiety, tightness in your chest, increased heart rate and breathing or a relaxed inner and outer smile? How you answer this question will probably have a lot to do with how you were raised... How were ‘‘mistakes’’ viewed in your home? Were they accepted as endless learning opportunities or as something that needed to be rectified by punitive consequences? No matter your answer, the good news is that the past is in the past and we get to recreate a new reality with each inhalation.

In thinking about mistakes... it is important to assess the intention behind an action. Was something done with a malicious intent or rather the result of an honest oversight, an unfortunate lack of awareness and consciousness? That said... Life is a journey through peaks and valleys. Sometimes the view is clear and sometimes we get lost in the fog.

The bigger the decision the more fear we might have around making "a mistake." Sometimes we don't even make a decision due to "paralysis through analysis" which of course, prevents us from living life to the fullest.

What if we looked at this concept through a different lens? What if we can remember and agree that we are here to experience life and to learn while trying not to hurt ourselves and others? All we can do is... our best.

Sometimes our best will be as diverse as a color pallet. Some actions and consequences will cause us pain while others will lead us to the promised land of joy. But how will we feel anything or figure things out if we are paralyzed by the unknown?

What if next time you feel you made a "mistake" you let go of that which is "in your hand" and instead "take the other one?" A "mistake" simply put, is a thing we perhaps have "miscalculated" and therefore "mis-took."

How would our life and the lives of our loved ones change if we remembered we are all doing the best we can with the information and the energy we have at the moment? How would things be different if instead of getting frustrated at ourselves and others we chose to exhale compassion, patience and understanding, remembering life is what we make it. After all, "You are the architect of your our own destiny" (Earl Nightingale).

... Just a thought...The choice is always, and in all ways, ours.

With gratitude and respect always, Amanda

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