

The inspiring “Oops!”

Embrace your creative mistakes

Practice working through creative mistakes, errors, and accidents. Reframe what was *supposed* to be into what *can* be. In other words, turn your “Oops!” moments into positive creative constraints that drive possibility.

Exercise these creative muscles:

Ambiguity

Practice facing uncertainty. When you learn to welcome the unknown, you develop your creative resilience.

Creative constraints

Practice using what you've got. This builds a tolerance for working with limited resources and ultimately boosts your creativity.

How to...

1. **Own the “Oops!”** You've made a creative mistake. So what?
2. **Accept it.** There's no turning back now, so it's time to move on. But first, take a moment to feel it. Are you angry? Sad? Worried? Then *be kind to yourself*. Start learning to let go of your attachment to what should have been.
3. **Reset.** Step back and take a breath. It's time to reset your mind and begin thinking differently.
4. **Reframe it.** Is this really a mistake or could it be an opportunity? Consider how the mistake might inspire another creative path or action.
5. **Take a chance.** Free yourself from the word “mistake” once and for all and start believing in your next action or decision. Then—roll with it! Practice moving forward.