



December 2011 Monthly Bulletin

Oops? It's okay!

A new take on mistakes

Make a mistake! Yes, that's right: Go ahead and make a mistake. Why? Because making mistakes is one of the best ways to learn!

Thomas Edison was the famous inventor of the light bulb, phonograph and motion picture camera. When asked if he ever made a mistake in his early experiments, he answered: "I have not failed. I've just found 10,000 ways that won't work."¹

Stepping stones to success

When babies first learn to walk they get up and fall down, get up and fall down over and over. Then, one day, they get up and start walking. It can take a whole lot of falling down to finally take those triumphant steps!

As we grow up, mistakes can take on a different feeling. We may be embarrassed by our mistakes, or even ashamed. We may get discouraged and stop trying.

If you don't get lost, you don't find new things

Remember: Even the discovery of the land that would become America was a mistake. Christopher Columbus set out for a different destination and wound up on the shores of our country by accident.² Lucky accident for sure!

What's the take-away? Mistakes are a critical way of learning. When we make a mistake, it's important to pick ourselves up, dust ourselves off, and figure out how to try again in a different way!

¹www.ehow.com

²www.ask.com

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

1-888-825-3509
www.HorizonCareLink.com
Username: firstdata
Password: myeap

Live and learn