

Are Mistakes Wrong? By Paula Holland De Long CPCC, ACC

I used to think if something was not perfect that it was “Oh My God Major Drama WRONG.” Plus it was my fault and my responsibility to fix it. Becoming a cancer survivor changed all that. Like many survivors, the cancer experience taught (or forced) me to give myself a break, to not put so much pressure on myself, and to be as compassionate to myself as I want others to be with me.

It really amazes me how good we humans are at making things difficult for ourselves. I've noticed:

- We are quick to make ourselves wrong about every little thing.
- We're harder and less forgiving of ourselves than we are to others.
- We don't take time to give ourselves credit and praise for our successes and achievements.
- We take responsibility for things we don't have control over and then we beat ourselves up if they don't turn out the way we think they should.

Do any of these things that resonate with you? Was there an "Aha! I do that" or, "Hmm, that sounds familiar" moment? If so, that means you're human. Like everyone else you win, you lose, you laugh, you cry, you make unwise decisions. You make brilliant decisions.

What would it be like to give yourself permission to be human? To not expect perfection from yourself? To trust that things happen in the right time even if it's not your time? To not waste precious time and energy making yourself wrong?

Here are some tips that my clients and I have learned to use:

Work from commitment instead of just should's and feelings.

Don't expect perfection all of the time.

Trust your intuition and don't second guess it.

Ask for help.

Let go of the “would'a, should'a, could'a's.” Learn and/or let it go.

Throw out your overwhelming to do list. Cut it down to 3 really important things and do them first.

Pause to give yourself a big “Whoo hoo” when you get something done, even small things.

Make time for self care and spirituality a top priority.

Imagine living in a world where mistakes aren't wrong - they're just learning experiences. Imagine choosing to not be perfect - even reveling in it. Imagine being OK with yourself and your choices most of the time and loving yourself no matter what? What could happen if you apply a little compassion for self to your own life?

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Cancer survivor, professional life coach, author, and inspirational speaker Paula Holland De Long offers wisdom, advice, and tools that promote health and healing for cancer survivors and their loved ones. Her coaching work encourages thriving during and after cancer using complementary, holistic, and spiritual coping tools that transform fear into hope and choice. **What's Next For My Life, Inc.** workshops and support products are offered at cancer treatment centers, support organizations, and via teleconference. Her first book, the *What's Next For My Life? Companion Journal for Cancer Patients* has just been published and her second book about creating a new life after cancer is forthcoming. To learn more call 954-565-6894, email paula@WhatsNextForMyLife.com or visit WhatsNextForMyLife.com.