

## **Wisdom is born of mistakes; confront error and learn.**

Learning from mistakes is the oldest lesson in life and the oldest teacher in our lives today. During our childhood, how we were taught to handle our mistakes are key to how we view our mishaps in the future. Some people can relate to a moment in their school years when the teacher posed a question, you raised your hand with assurance and excitement but, when you gave the answer it was completely wrong. You were left humiliated and ashamed. The deceptions of making mistakes may have begun overcrowding your mind such as “I am so dumb” or “I should just give up”. However, the moment you realised you got the answer incorrect has been proven to be the optimum time to learn. According to Dr. Lori Irwin (World Health Organization, 2007) “making a mistake with high confidence and then being corrected is one of the most powerful ways to absorb something and retain it”. Embarking on the endless journey of a life of wisdom starts by understanding the beauty in making and learning from the mistakes you make. Thus, wisdom is born by making, confronting and learning from your slip ups.

Famous author Robin Sharma describes it best “There are no mistakes in life, only lessons. There is no such thing as a negative experience, only opportunities to grow”. We are fallible creatures designed with human imperfections. When we digest what this means is when we begin to understand the true beauty in gaining wisdom. Everyone has the same opportunity to gain wisdom but only few choose to pursue the journey. If we carefully reflect on all the milestones throughout our lives, we would realise it all began with the slip ups we made in trying to learn something new. As a baby, you learned to walk after constantly falling down, but choosing the attempt to get up rather than give up allowed you to gain the ability to walk. It is vital that we remember falling is simply a part of the process. This is why it is important to allow yourself to feel okay with failure, but never comfortable. Making mistakes is not the only stage

of gaining wisdom but the most common stage where most people give up. Did you know that it took Thomas Edison over 10,000 tries to find the correct filament to create the lightbulb? He knew what stage he was in; it was the stage of testing and learning! Had he given up at the 9,999<sup>th</sup> time, we would not have the lightbulbs we use today! It is vital to be aware of what stage you are in order to stay hopeful for success. Mistakes are inevitable, but consistency is a choice. Be mindful, you are an individual so your journey will be unlike others. After recognizing you made an error, confront it and pursue the steps of correction.

It is sometimes easier to ignore your failures than to confront them. However, when you feel comfortable with your mistakes, you may develop a nonchalant attitude in correcting future mistakes. That is why there is wisdom in confrontation. It causes you to acknowledge your mistakes and allows you a fresh start to begin again. When we do not confront our mishaps, it is like we are putting bandages over bleeding wounds. This will not work! You must acknowledge your mistake, as one would acknowledge the wound has to be treated before it can heal. When we believe that we can move forward without confronting our mistakes, we will abruptly come to a halt on our journey to applying wisdom. The wise acknowledges and confronts their mistakes. You have to own your mistakes, before your mistakes begin controlling you.

Some of life's best lessons are learned during hard and disappointing times. During the pain, hurt and fear we experience during these moments, can luckily give birth to new and beautiful beginnings. For instance, after Hurricane Dorian wreaked havoc over Grand Bahama and Abaco, the Bahamian people was left torn and speechless. The heartbreak from the lives lost and the lost homes scattered in pummels of debris inevitably gave birth to a hopelessness for many people. However, with just a little hope and determination an ultimate disaster can turn

into a marvellous blessing. Wisdom sometimes requires seeing beyond the setback, to begin working towards the comeback everyone thought was impossible.

Wisdom is a privilege no one should take for granted. Everyone makes mistakes, which inevitably places them on the track for the journey of wisdom. Therefore, if we all are on the track, we will all be at the beginning of the starting line. Do not be the person to enter the race, and quit after you made a mistake. Do not be the person to make it halfway on the journey, and fall because you avoided confronting some of your mistakes. Be the person to never stop learning, no matter the amount of mistakes you make. Be the person to own your slips ups even if it embarrasses you. Dive into the endless journey of wisdom, confront your errors and strive to never repeat the same mistake twice. This is a law of life.