

Things aren't always going to go according to plan. Despite all your planning, journaling, and time-blocking, your dishwasher may flood your kitchen right before you leave for the gym. You may be up all night with a feverish child or have an elderly parent who needs more care than usual on a particular day. Let me tell you a secret...top athletes have skipped a workout and stayed top athletes, nutritionists have eaten unhealthy meals and remained experts in their field, and even motivational speakers have spent the day in bed rather than getting up. These small slip-ups do not make you a failure- they make you human. The key is to give yourself a moment of grace and then get right back on track.

James Clear, author of *Atomic Habits*, said that when you do something once, it shouldn't make much difference in the grand scheme of things, but when you do it twice in a row you're starting to create a new habit. Errors are part of the process, but they shouldn't become part of the pattern.

Step 1: Learn to tell the difference between what is valid and what is an excuse. We need to analyze our situation and decide whether the thing that went awry is valid or not. Am I making excuses because I don't feel like doing it, or do I need to give myself grace and try again tomorrow? What can I do to ensure that this doesn't happen again?

Step 2: Step into action! Move on and get over it- this is how we create resilience. A bad day doesn't equal a bad life.

Step 3: Focus on the future. When you focus on a solution, you will come up with ideas. You'll start to create a vivid vision of what your future can be. Remember, what we focus on expands. When you focus on your "failure," it is easy to get stuck in an endless loop of negativity.

Step 4: Close the past. Look for the lesson in each situation and use it to change what you're doing, but don't dwell on past experiences.

Step 5: Believe in yourself. Quitting is not an option! Pick yourself up, brush yourself off, and get back in the saddle- you've got this!