

# SHOSHIN RYU

## TRUTHFUL HEART TRADITION

THE QUALITY OF LIFE IS PROPORTIONAL TO THE STRIVING FOR EXCELLENCE



### *Learning from Mistakes*

*It is OK to learn from your mistakes.* Each student should strive to learn by doing things correctly from the start. But eventually, all students make mistakes while learning; so it is to a student's benefit to learn from doing correctly and also incorrectly. This is the way Samurai learned their Art. Learning from both avenues. This is how we learn as human beings. When we do things incorrectly, we progressively fail toward success. From the day we were all infants, we fell down and got back up when we walked; learning a little bit more about what went wrong each time we fell, until we had mastered it. It is okay to make mistakes, but we also must learn from them. It is foolishness for a student to continue to make the same mistake and expect a different result. The focus should be on examining what needs to be corrected and then developing a plan or method to correct it to get the intended result.

- *How does this apply to you?*
- *What can you do different to make yourself a faster learner?*
- *When will you start?*

- *What are some examples of when you learned from your mistakes?*
- *If you learn from your mistakes and from your successes do you think you will learn quicker?*