

Error Recovery - The 5 F's

Remember, once something doesn't go how we'd like it to, we have no more control over it, BUT we do have control over what we do next. If we continue to worry about things that go wrong, it is highly likely that that frustration is going to carry over into what we need to focus on next and might affect that as well. When we make a mistake, we no longer have control over it but we do have control over how we think about it and how we react to it. The quicker we can accept that it happened and move on, the better we will be.

So remember the 5 F's:

- **Finish** – the action we are involved in.
- **Frustration (far out or fudge)** – let it out. You have 2 seconds to do this and that's it.
- **Fix** – What's one thing I can change/ learn/ do differently next time to give my self the greatest chance of success?
- **Forget/ Forgive** – what happened/ ourselves/ others.
- **Focus – Re-Focus** – On what's next/ Begin our routine for the next task.

The only way to implement the 5F's into your game is practice it regularly!

“The greatest glory in living lies not in never falling, but in rising every time we fall” - Nelson Mandela

Damien