

SUCCESSFUL TEAMMATES CLAP FOR MISTAKES

How you and your team handle mistakes is the key determining difference between your organization and your competition. The group that is better prepared to cope with the mistakes that sincere and sustained great efforts necessarily produce will ultimately outperform those who shrink from the experience of errors.

Like any other experience, **mistakes are an opportunity to improve - or to implode.**

How you and your teammates handle setbacks or mistakes or adversity is one very significant way to gain an advantage – or suffer a defeat – due to your responses.

The truth is that swimmers don't drown because they go underwater... They only drown *if they stay there*.

Resilience is about having a simple and effective response to mistakes that will ALWAYS result in better performance.

You need to **CLAP**. That's right.

When you or your teammates commit a mistake, the key behavior that will allow you to “bounce beyond” it is your immediate and intentional decision to clap.

And as you clap three times in succession, teach yourself to remember the following steps to overcoming mistakes mentally and getting back to competing successfully:



[Claim it, Learn from it, Affirm your abilities, and Play through it!](#)

Claim it - Start by acknowledging the mistake and admitting responsibility.

Own the behavior, or you will remain a victim who must wait on someone else to change for circumstances to improve! If you point the finger of blame at others, your team will not get any better until they do – but if YOU claim responsibility, you also claim control and power to make things better yourself.

Learn from it - Second, understand what happened so you don't repeat it.

If you have to lose a point, or a possession, or a sale, don't lose the lesson the experience offers! Make the necessary adjustments to your training, your behavior, your mental playlist, and your attitude so that you can succeed the next time you are in that situation!

Affirm your abilities - Third, be sure to remind yourself that “that's not like you.”

High performers constantly replay positive mental videos of past successes and refuse to let one mistake diminish or shake their confidence in the set of skills they have worked hard to establish.

Play through it - Finally, commit to making the next play.

Too often, athletes find themselves letting one bad play affect the next play and become a string of mistakes instead of an isolated event. The next play is the only one you can control – so invest your effort in playing harder rather than pouting!

If we handle mistakes better than our opponents, over time we will be more successful.

Our response to mistakes is the difference between winning and losing! With three simple claps, you can inspire better behaviors and positive team development. Instead of looking backward and replaying the mistake over and over in your mind, clap past it and turn it into more productive reminders and encouragements for the next play...

