

review it! looking at the result of a decision is no good if you don't know how you got there. Go through your decision-making process in reverse so you can figure out why you made the choices you did – what motivated you, what influenced you, why didn't you go with another option? This is one of the best ways not to repeat the situation again.

own it! taking ownership of the part you played in the situation is a big first step in picking yourself up from a tricky decision that went astray. Think about it and know where you are accountable.

fix it! Make a plan to fix it if you can. Sometimes you can't make things go away or take them back – but you can say sorry if it affected anyone else. If this affected no one but you, resolve to do it different next time.

let it go! What's done is done. Once you've owned it, figured out why it happened and fixed it, let it go and move on. To make sure it really is a learning point... don't do it again!

Decisions that don't go as planned...

Often decisions that don't go as planned are learning points we can grow from and use to figure more out about ourselves. One of the toughest things about a decision that didn't go as planned, is figuring out how to come back from it... how do you deal with it? How do you recover? The infographic above offers some great tips, just start at the top and work your way down.

