

# TALKING POINTS

by POSITIVE COACHING ALLIANCE

## WEEK TEN: PARKING MISTAKES

- A Triple-Impact Competitor® is able to bounce back quickly from mistakes using a mistake ritual like flushing mistakes down the drain.
- When you focus on a mistake you are not in the moment ready for the next play. If you beat yourself up for making a mistake you are hurting your team because you have taken yourself out of the game. You are more likely to make another mistake if you keep beating yourself up.
- However, mistakes have much to teach us so we don't want to forget them completely. We just want to forget them in the moment so we can keep playing hard.
- That's where the Mistake Parking Lot comes in. You put the mistake in the parking lot until after the game.
- It's like driving to a movie or to get something to eat. You don't take the car into the theater or restaurant with you. It would mess everything up, just like keeping the mistake with you in a game will mess up your play from then on.
- But you remember where the parking spot is so after the movie or meal you go to pick the car up for the ride home. After the game you want to revisit your mistake to try to understand what you have to do to avoid that mistake in the future.
- Ask yourself some questions: Was I out of position? Did I lose my focus for a moment? Is there something I could have done to make that play that I need to work on this coming week?
- Or, did the other team or player just make a great play? Sometimes you do everything right but you get beat anyway. Once you have figured out what the problem was, you can develop your plan to address the mistake the next week.

### Discussion Points

- **Can you add the Parking Lot idea to the Flush to help you in the rest of your season?**
- **Is there a mistake you made recently that you want to analyze to see how you could learn from it to get better?**

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