

I don't like trying new things because I always make mistakes. What should I do?

—Trying in Toronto

Dear Trying,

Maybe you think that if you don't do things perfectly, you are a failure. But that's not true! In fact, mistakes can help you learn and improve.

Heavenly Father helps us learn little by little (see Doctrine and Covenants 98:12). Instead of focusing on being perfect, try focusing on growing and slowly becoming more like Him. Look for the things you do well. Work on changing negative thoughts about yourself into positive ones. Most importantly, when you make a mistake—or even 20 mistakes—take a deep breath, say a prayer, and keep going!

With love,
The *Friend*

Turn These Scribbles into Art!

Someone started these drawings but gave up when they thought they weren't good enough. Use your creativity to finish each drawing. Let's see what can happen when we keep going!

