Trial & Error

Trial and Error might be the most optimal way to learn anything in life in situations where it can be applied. The reason I say this is because it allows you to learn more than just the lesson you were originally trying to learn because every time you make an error you learn from it. And if you’re in a situation where you learn your lesson with one trial and no errors then congratulations you saved yourself a lot of time that would have been waste by procrastinating.

Trial and error isn’t something that is has haphazard as it sounds, in fact it takes a great deal of focus to take in the lessons from the errors and mental toughness to keeping going after making an error. Now to really get the most out of trial and error the most important thing one must have is a growth mindset, meaning you have to be open to learning in all sorts of ways. You see the problem that people make with trial and error is that they take the wrong lessons from the results.

Let’s say you want to learn Spanish and you decide to use an app because that’s the most popular way of learning new languages, and within the 1st 2 weeks of using it you figure out that you’re not enjoying it but and after a long month of forcing yourself to like it you end up quitting. The funny thing is you still want to learn Spanish but because of your experience with the supposed best way to learn it you got disheartened and decided Spanish wasn’t for you.

As soon as the 1st way fails they never think to try another way instead they fall into the belief that the reason they failed is because whatever their trying to learn isn’t compatible with them, when in reality the method is the problem and changing that would change everything. Most people think trial and error is just used to help you out find what your interests are, in fact you could argue that its most valuable function is to help find what method is most suited to you.

I’m sure we have all been in school and had that teacher who had a way of teaching that just resonated with you in a way most of the others didn’t. They would make you feel like as if they could teach you anything regardless of the subject as long as it was them teaching it. But for ever one of those types of teachers I’m sure we can think of 20 more who couldn’t teach us anything to save their lives.

You see in life good teachers are hard to come by, but the best ones are easy to find. You see the best teacher for you is you, all you have to do is find out what method works for you and you can thrive in anything you put your mind to.

This is the true power of Trial and error it allows you to find a way of learning that allows you feel the confidence and belief in your own abilities when you’re in the process of learning. The same way your favourite teacher made you feel and it also stops you from slipping into that unfortunate mindset of believing that you’re the problem.