

I'm a Rookie

The Power of Admitting You Don't Know - by Sgt. Steve

In law enforcement training, new officers learn quickly by making mistakes. This cycle of trying, failing, evaluating, and trying again fosters rapid growth.

THE ROOKIE ADVANTAGE

Rookies lack reputation. Because of this, they quickly admit faults and improve faster. They have nothing to defend, so they are free to grow.

THE VETERAN TRAP

Veterans have built a reputation. Often that pride hinders growth. It is hard to own up to the fact that you fell short, so you defend the image instead of learning.

Why we fall behind: When we cover up mistakes to protect our ego, we pass on the opportunity to get better. You fall behind because the world changes, laws change, and tactics evolve, but you remain "perfect," unable to admit fault.

How do you avoid this? Simple, be like the rookie. There are no expectations. No reputation to defend.

"I'm a Rookie"

Tell yourself this so that you can brush aside expectations and get to the important task of learning and growing.

"If you want to improve, be content to be thought foolish and stupid with regard to external things. Don't wish to be thought to know anything; and even if you appear to be somebody important to others, distrust yourself."

- Epictetus

**Amor Fati,
Sgt. Steve**