



# The Course to Change

## *Weekly Action Sheet - Week 3*

Remember a situation where you failed. What is the reason why it was a failure? You obviously have hindsight now but what could you have done differently and why? What advice would you give yourself so that you don't repeat the mistake? How can you reframe it? What positive outcome happened as a result?

Learn how to use your gut instinct from what you have learnt. If you don't have the opportunity to make a decision this week, look back to the past, how you felt (the dilemma between head & heart), the outcome & whether you could have made a different decision. Record your observations here.

What 5 things are you grateful for this week?

- ✓
- ✓
- ✓
- ✓
- ✓