

5 April 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Lessons from the Past

This week's challenge focuses on what was painful or traumatic to go through in your life but that has made you who you are. Unfortunately, we gain strength from struggles and they are the best teachers. The key is not to fear or fight it as that's what actually holds us back & limits us.

Learning from these past experiences is also what will allow us to handle difficult situations in the future. Not learning the lessons is what keeps us stuck because it will come back & repeat itself until we do.

So before we focus on the now or the future, we need to look to the past. Take your time as you answer the questions and allow your emotions to flow.



Monday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?

Tuesday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?

Wednesday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?

Thursday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?

Friday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?

Saturday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?

Sunday - What difficult experience did you have to go through & how did it make you feel? How did it impact you? How has it changed you for the better? What was the lesson? What would you say to yourself back then?