

13 September 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!*

## Learning from the Past

*This week's challenge is to tackle the past. A lot of the answers to the problems we have today (or will have tomorrow) often lay in the past but most of us will be reluctant to go there because it often takes us to a place that isn't particularly pleasant. It is however crucial to go there to make sure the lesson has been learnt so that it doesn't re-present itself at some point in the future.*

*The past also plays a big part in our wants & needs. As we are wired to move away from pain or towards pleasure, some of our experiences will be behind some of the decisions we have made but they don't always serve us...*



*Monday - Has there been times when you thought you really wanted something but when you got it, it wasn't what you thought? What motivated this 'want'? How can you prevent this situation from happening again?*

*Tuesday - What are your regrets? What made them happen? Was the decision made out of fear/ missing out/ not listening to your gut? Were you scared of being judged or what people thought? Why?*

*Wednesday - What would you say to your 20 year old self now that you have the hindsight and life experience? What would you have done differently? What motivated your choices back then? What motivates your choices now?*

*Thursday - Imagine you're 90 years old. What piece of advice would you give to yourself as you are today? (obviously we can't predict that but go with what comes out first/ naturally) - Does that make things look different?*

*Friday - What tough lessons have you learnt from the most? What have they taught you that you didn't necessarily think you had in you? Is that in a good or bad way? (i.e. have you become cynical as a result or more open, etc...)*

*Saturday - When you've made mistakes, was it because you didn't listen to your gut/ true self or because of vulnerabilities/ not facing up? Was there a real point of no return or were you imprisoned in your own head?*

*Sunday - What has worked against you in the past? How did you react to that? What has worked for you in the past? How could you get more of that? In both cases, what were the external & internal factors?*