

# LEARNING AND REFLECTION

## discover your GREATNESS within

What new awareness has emerged as it relates to practicing self-forgiveness? How might this concept enhance my professional or personal life?

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### Claim the Choice/Decision that Led to Disappointing Results

- What are the “would of, could of, should ofs” that play like a record in my head?
- What do I need to forgive myself for?
- What would be different for me if I could change the negative narrative in my head?

### Change the Inner Dialogue

- Am I confusing a poor decision with my sense of self worth?
- Am I feeling shame or regret?
- Do I need to change the inner dialogue in my head to ensure I'm not confusing a poor choice with my authentic self?
- What do I need to start telling myself?

### Claim Private Victory

- What can I learn from the choice or decision that could serve me well in the future?
- What will be different as a result of having had this experience?
- What do I need to do to put the situation behind me so it no longer consumes my thinking?

### Claim Public Victory

- What is the story I can proactively share with others?
- How can others benefit from the lesson I learned?
- Is there a need to bring honourable closure through a celebration or ritual?
- What do I need to put in place if I find the negative thinking returns and begins to hijack my thinking?