Think of three occasions in your life where you overcame hurdles.

These can be from any time in your life. The important thing is the depth of your connection to each experience, and that it's meaningful and empowering to you. Examples may include:

- A commitment to your well-being, running a 5k, moving to a healthy diet or lifestyle, tackling an unhealthy relationship.
- Challenging a comfort zone, taking an assignment where you felt you make fail, speaking up for yourself, embracing an opportunity to speak in front of a large audience, moving cities, or countries.
- A COVID 19 example, acknowledging your successes as a partner, employee, leader, parent, embracing virtual platforms.

List your three experiences, noting for each:	when was it,	who was invo	olved, and w	hy was it di	ifficult for you?



Consider what happened in each of the three. How did things turn out, upon what strengths did you draw?
What did you learn about yourself from each of these experiences, and how can that be leveraged today?



Please close your eyes and revisit your three experiences using your memory and mind's eyes to imagine
the periods in as much detail as possible. Notice how this feels, be aware of the feelings, and allow the feelings to build inside your body. When you feel a secure connection to the feelings, open your eyes, and write down a description of the feelings from each experience.
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