

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.**
