

## Make a List

Make a list of decisions in your life, and consider the following questions:

- Was this decision made with awareness? What I mean by that is, did you make this decision based on past failures? Being aware of your past failures is good, as long as you don't allow your view to be influenced by shame. Did you make the decision because it was comfortable—what you were used to doing—or did you analyze your past failures WITHOUT SHAME and choose a different path based on what you learned?
- What would have turned out differently in this situation if you had objectively assessed past failures first?
- How are you being overly critical because you expected results when you weren't fully competent?
- Reflecting on your answers above, how would you avoid that and/or change your decisions in the future? Learn to know the difference between a bad decision and a lack of knowledge.

## My List

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4.

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