**My Story – Reflecting on the Past**

**Resources for Discover Yourself: A Personal Development Workbook**

* Set a timer for 15 to 20 minutes for a few days. Write (or speak using a voice recorder) about your emotional experiences that have occurred in the past. Follow the thoughts that are at the top of your mind as you go through this process (practice mindfulness and self-compassion – don’t judge or criticize yourself for the thoughts and feelings that come up). Express your feelings just as they are.
* Once you have completed your writings each day, read what you have written (or listen to your voice recorder) then through away the paper (or delete it). Let it go
* You have started the process of moving away from old paradigms and opening yourself up to new, creative solutions.
* After this process, practice forgiveness, patience, courage, and compassion. Remember to accept yourself just as you are, in the present moment.