

# Personal Reflection Exercises...

## I am using my past knowledge to reach future goals.



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My future ambitions are strengthened because of my past experiences.

I am able to strengthen and fortify future goals and ambitions because I can use past experiences and knowledge to progress toward them. I have learned from my mistakes and no longer fear making them. I have learned what works and what doesn't, and my future goals are within reach more than ever before.

***My past is such an asset to me because I can use all of the things, both good and bad, to help me come closer to achieving my goals.*** I don't waste my time with regrets or hiding from past mistakes because I have learned from them. This knowledge brings me closer to achieving great success.

I review my past knowledge thoroughly and determine what can be used toward future goals. In turn, ***I look at my future with confidence because with each day, I am one step closer to my goals.***

### **Self-Reflection Questions:**

1. What past knowledge can I use to reach my future goals?
2. What mistakes have I learned from?
3. How am I closer to my goals today?