

Life Lesson Tracking Exercise – Past Experience

My Life Lesson is: _____

Life Lesson Tracking Exercise

Here is something that happened to me or challenged me in the past, 2, 10, 20 years ago? [Name more than one if you wish, but be specific. This can be used over and over for new circumstances.]

How does this connect to my Life Lesson?

What else in my life is similar?

How could my Life Lesson be an ally to guide me to my Life Purpose?

Life Lesson Tracking Exercise (continued)

Something difficult or frustrating for me that happened in the last week or last month:

How did I respond?

How could I have responded differently as a sign that I am working on my Life Lesson?
