

7 QUESTIONS: Date :

When Regret Teaches, Take Notes

- 1) What are the stories I am telling myself about stepping into this new opportunity? Are they my stories or stories passed on to me for safety's sake (physical, psychological or both)?
- 2) Who do I have in my Circle of Support that can talk me off the Fear of Failure/Success ledge in the moments where my Inner Critic seems to be most convincing?
- 3) What role, if any, does my spirituality play in me stepping into and preparing for opportunities outside of my comfort zone?
- 4) Speaking of preparation, what role, if any, does perfectionism have in the emotional paralysis that occurs when I am preparing for a large-scale opportunity?
- 5) What have I learned, embodied and enabled in myself and those around me about taking risks and what needs to change/be dismantled (if anything) to accommodate opportunities that align with what I see as my purpose?
- 6) What are examples of living a life of regret that I can visualize in those moments of making the commitment to follow through on my goals that will shake me out of complacency?
- 7) How can I use my story of regret to inspire others to have the courage to step out of their comfort zones (while relinquishing the shame associated with the experience)?

My Notes