

# REFRAME YOUR PAST TOOL



Think of a time in your past — an experience, a particular year or age, or perhaps a multiyear period that you remember more negatively than positively. With that time period in mind, answer the following:

List one to three significant *negative* outcomes and/or events you experienced during that time.

1

2

3

What did you learn and/or what positives can be taken from these events?

Large empty text area for writing answers to the reflection questions.



List one to three *positive* events you experienced during that same time.

1

2

3

How did these events — both the negative and positive — improve your life to date?

How did these events — both the negative and positive — improve your future?

Repeat this exercise as often as necessary to reframe and more productively leverage your past.

