

FOUNDATIONS DAY NINETEEN ASSIGNMENT

Write an example of something you regret that happened in your past:

Why do you think it was bad or wrong?

How would you change it if you could? (For these purposes, it's helpful to imagine how you would change it if you could, even if you know better).

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How might the thing you regret have actually been for *your* benefit?

What was the limiting belief that made *you* regret it?

Find evidence that proves *to you* that this limiting belief is false.

Describe how this event *could be right* and not wrong.