LEAD

LIKE YOU WERE MEANT TO

Reading Guide

Exercise: Themes from My Past

The story of our past informs who we are today and influences how we become who we want to be tomorrow.

As you reflect on your life up to now, what are key themes you notice?

These can be significant people who impacted your life, decisions you made, inflection points where your life took a big turn, important lessons you received, interpretations or explanations you made along the way. Any of these could have had a good or bad outcome, but they shaped you, impacted who you are in some way.

Try to notice and reflect without judging yourself. Judgement interferes with noticing. And hindsight is always 20/20. For now, just see as much as you can see.

List five or more relevant themes or threads that have shaped who you are up to now.

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