



## Rewrite to Be the Visionary of Your Life

1. If you could change anything what would it be? How would you do it differently?

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2. What did you learn from that experience, what good came out of it?

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3. What values did you use to get through it? Give yourself verbal recognition.

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# Reflection Journal

## Rewrite to Be the Visionary!

Reflect on the areas from your Radical Acceptance worksheet and rewrite a new way of being, choose different actions, and reactions. If you could have a do-over what would it look like?

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