



Rewrite to Be the Visionary of Your Life

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

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

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

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?

1.

2.

3.
