

The Mistake You Keep Replaying

For a mistake that keeps coming back at you long after everyone else moved on.

WHEN TO USE THIS

Use this when one old mistake keeps showing up uninvited.

What is the mistake your mind keeps going back to?

What was going on for you at the time? What did you know then, and not know?

What did it actually cost, as best you can tell?

1.

2.

3.

What would it take to set this down, even for one day?

Going over it does not undo it. You have carried this one a long way already.