

# MOVE FORWARD

Having trouble letting go and moving on? Try this exercise:

In the left column, list five of your successes. Be generous with yourself and count anything you deem as a success - ANYTHING!

In the right column, list five of your failures - things you wish you'd have handled differently or done better.

## SUCCESSSES

1

2

3

## FAILURES

1

2

3

# MOVE FORWARD

## SUCSESSESS

4

## FAILURES

4

5

5

Now, give yourself PRAISE for each of your successes and FORGIVENESS for each of your failures. Practice verbalizing your praise and forgiveness out loud.

Finally, close with thoughts of gratitude for all you have and all you've learned through both experiences.

For an added bonus, sing a few bars of "Let It Go" for good measure.

*"I write about the power of trying, because I want to be okay with failing. I write about generosity because I battle selfishness. I write about joy because I know sorrow. I write about faith because I almost lost mine, and I know what it is to be broken and in need of redemption. I write about gratitude because I am thankful - for all of it."*

— Kristin Armstrong