

8 February 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Improving On Your Mistakes

*This week's challenge is designed for you to do a bit of self-reflection on your previous and/ or current relationships.*

*We all make mistakes but what's key is that we don't keep on repeating them - unfortunately most of us do. So this week, I'd like you to look back to the past & what potentially you could have done differently. Knowledge is power but so is self-awareness. As you reflect back, I want you to be brutally honest with yourself but also assess whether it's something that you are still doing whether dating, in a relationship or in all relationships (not just the romantic ones), and then to start doing something about it...*



*Monday - Hints don't work... but do you regularly hint as opposed to voicing what you want/ need? Do you get frustrated when the hint isn't responded to? Why aren't you more direct? How could you just say it as it is?*

*Tuesday - Do you often overthink and/ or overanalyse? Does it lead you to conclusions that aren't true? Why do you do it? Is it soothing or damaging? How could you go about it a different way?*

*Wednesday - Do you make unfounded assumptions? Can you catch yourself as you are doing it? What emotional state do assumptions provoke in you? What could you do instead? Are you finding these assumptions helpful or hindering?*

*Thursday - Do you have expectations? Are you voicing your expectations or do you rely on people guessing them? Do you get disappointed when your expectations aren't met? How could you do it differently?*

*Friday - Do you follow your gut instinct or your paranoia? Can you differentiate between the two? What happens when you follow your gut instinct? What happens when you listen to your paranoia?*

*Saturday - Are you wanting someone or their opinions to change? Why do you want them to change? How would you feel if someone wanted you or your opinions to change? Why do you think your way is 'more right'?*

*Sunday - Do you try to manipulate outcomes? Why do you need to feel in control? What would happen if you didn't try to manipulate outcomes? Are you forcing a square peg into a round hole when you do that?*