

Looking Backward

Create a timeline to reflect on times when you were virtuous.

You are more likely to change future habits by building on past strengths.

Reflect on times when you were virtuous by using a timeline.

- 1) Divide your current age by three. If you are 33, divide your life into three parts: Birth to 10, 11 to 22, and 23 to 33.
- 2) Who are the key people that influenced you? What are the key experiences? Include both positive and negative people and experiences.
- 3) When did you overcome adversity?
- 4) When were your relationships caring?
- 5) When were you part of a purpose greater than yourself?

Focus on your strengths rather than your weaknesses to grow into the best version of yourself.

