



Club Bliss

December 2021

Healing the Self-Critic & Regret

Journal Exercise to Transform Regret of the Past:

Journaling is an INCREDIBLE tool to help you access your subconscious mind! The place inside of you that holds learned behaviour, memories, old habits, traumas etc. Cultivating a journaling practice that feels empowering to you will not only help you feel good in the moment you do your writing but it will significantly impact the way you experience your life! With more joy, love, and confidence!

These prompts will help you transform any negative situation into one of meaning, value and hope.

You can use this journal prompt for moments in your life where you may experience regret or remorse. Those moments when you feel like you wish the past was different for either a choice or decision you made or one made by someone close to you, or even a circumstance that you didn't like the outcome to. It's a simple process that can help you transform these challenging circumstances into miracles that needed to happen to unfold your true self!

1. Write out the situation as it happened and how you reacted. Who were you before this situation took place?
2. Who are you now after this situation took place?
3. Who can you be now from everything you've learned through this experience?
4. How has this experience transformed you?
5. Finally, conclude by making a choice of empowerment. This means, choosing to allow this experience to dictate who you want to BE in your life moving forward. And how grateful you are that this experience found you and helped you become this more authentic version of yourself.

If you have trouble with any of these prompts or are craving further guidance, please always feel free to reach out to me directly at parisa@parisaliving.com