

Learning from the Past Worksheet

Name _____ Age _____ Date _____

Discuss something that happened that might have had a different outcome if you acted differently. Complete the questions.

What happened: _____

How it made me feel: _____

How I handled it, did I try my hardest:

How I would handle it next time: _____

What I learned about myself: _____

Things I could do to keep a positive attitude: _____
