



PATTERNS AND SOLUTIONS

REVIEWING PAST CHALLENGES

Consider 3 times in your life when you did not secure or achieve something that you wanted. These previous experiences may be personal or professional. Briefly describe the scenario and consider internal and external factors that may have contributed to this failure or setback.

Remember, we all experience failure, and we can all learn from it.



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Consider the three experiences you identified earlier.

Now, as if you were an outside observer or judge, identify key facts -- not feelings -- linked to the situation. What do you know, if you're being self-reflexive, about the progression of events? Did you communicate your wants and needs assertively at that time? If not, why?

HISTORICAL FACTS

CRITICAL ANALYSIS

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CRITICAL ANALYSIS

CONCLUSION