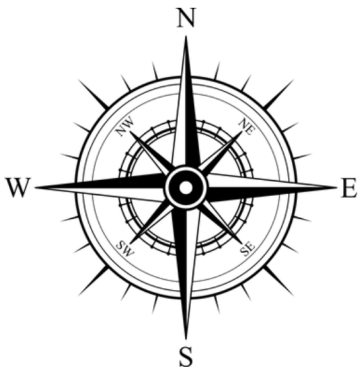
## ~~Regret~~ -> Reflect




Summarize the situation

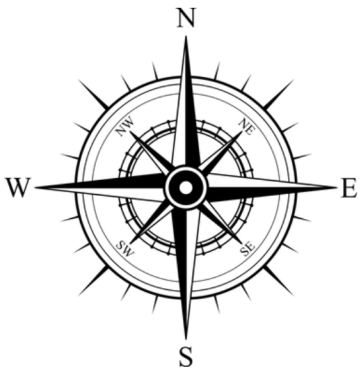
What could you have done different

What should you have done different

If the scenario presented itself again, what would you DO different

Look back to move forward

# Reflection




Things to consider

What did you know at the time

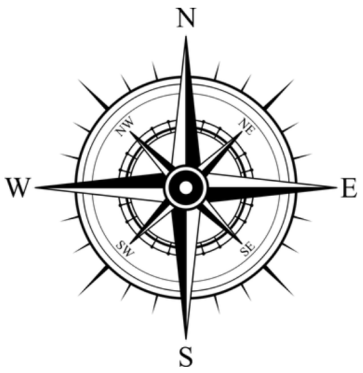
What was in your control vs. what wasn't

What was your intention

What are the signs to watch for in the future

Look back to move forward

# Reflection




What did you learn

What would your advice be to others in the same scenerio

Look back to move forward