

TURNING REGRET INTO GUIDANCE

Move beyond simply processing past disappointments, regrets, failures, or betrayals. These 4 advanced journal prompts guide you to extract hidden lessons, uncover transformative insights, and intentionally repurpose your experiences into wisdom that can shape your future actions and purpose.

Deconstruct the Experience

Select a significant past disappointment, regret, failure, or betrayal. Break it down into the emotions, expectations, and assumptions you held at the time. How did these internal factors shape the outcome, and how might they still influence your present decisions or beliefs?

Trace the Ripple Effects

Map out the ways this experience has impacted your life—personally, relationally, and professionally. Which patterns, behaviors, or thought processes trace back to this event, and how have they served or hindered your growth?

Reclaim Agency

Consider the ways you may have surrendered power or responsibility in the moment. What would it look like to reclaim agency over that experience now, reframing it not as something that happened to you but as something you can integrate into your evolving narrative?

Transform into Actionable Wisdom

Identify concrete ways this experience could inform your decisions, habits, or goals moving forward. How can the insights gained guide your future self, help others, or contribute to a higher purpose beyond personal growth?



FAITH
HELPS
LLC

WANT TO LEARN MORE?

My life coaching services are designed to help you move from inspiration to transformation — not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *take intentional steps toward your goals,*
- *build habits that actually stick,*
- *strengthen your mindset and resilience,*
- *grow spiritually and emotionally, and*
- *move confidently into the future you've been preparing for...*

I'd be honored to walk along side you!

SCHEDULE A FREE CALL

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