

Sage Mind Wisdom File

Name:

Of the experience. The name retains its memory and you maintain healthy distance.

The Situation:

Describe your experience as is. Data gather. Understand what you're dealing with.

The Challenge:

Or the problem. This is your exercise, the journey between you and the goal.

The Adversary:

Person, place, thing or internal. It challenges you to grow & express new capabilities.

Qualities for Success:

Who do you have to become to realize your intent? What abilities & character are needed?

Distractions:

What can throw you off focus?

Opportunities:

What assets are available for advantage?

Allies:

People & ideas. Sources supporting your cause & journey.

Perceive to understand.
Understand to perceive.
Use the File
to nurture your Wisdom.

Foresight
Hindsight

Errors:

What missteps did you make?

Lessons Learned:

Identify wisdom jewels acquired from experience.

What if?

Play with scenarios. What could've been possible?
What would you do differently with a restart?

Parallels:

Compare this experience to others. What are the similarities & differences? Use all sources.

