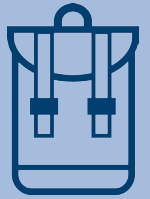




# Using the Past to Face the Present

Living into a sense of purpose is a journey that will involve challenges and obstacles along the way. When you face a roadblock or setback, it is helpful to remember that it is not the first time you've faced such things in the pursuit of a goal or dream. Reflect on a previous moment in your life when you were striving for a particular goal and faced challenges along the way. What can be gleaned from that experience to help you face the challenges of today... or tomorrow?



<b>Your goal (What you were trying to accomplish)</b>
<b>Obstacles or challenges encountered before this goal could be accomplished</b>
<b>What you did step-by-step to move forward</b>
<b>Description of result (What you accomplished)</b>
<b>Any measure or quantity to prove your achievement?</b>
<b>What did you learn?</b>

**How might this experience from the past shed light on the challenges you face today as you seek to explore and live into a sense of purpose? What action steps might this reflection suggest to you?**