

Learning from the past.

The past is filled with learning opportunities for our present and future.

Reflect on it.

In order to gain insight from the past, you must reflect on it. If we are unwilling to learn from our experiences, we are in danger of repeating mistakes, or hindering our personal and professional growth.

This could refer to a meeting earlier in the day, or an event that happened 20 years ago. There is no time limit on reflection.

Study it.

The goal here is not to pass an exam, but to understand what was happening and what you can learn from it. Studying in this way makes the specifics and the context valuable. You are also building a mental file of tools that will help you make informed decisions. in the future.

Replay it.

With the benefit of hindsight, you can walk back through your memories with the knowledge and perspective you've gained from reflection.

This replay allows you to think about how you might react differently if a similar situation arises in the future.

Generalize it.

Situations from your past will never occur in exactly the same way. That doesn't change the value of looking back. We can find common threads to create lessons for the future. This is a great strategy when looking at historical events, case studies, or reading about someone you admire. Rather than honing in on details which don't apply to you, generalize the core lesson so you can adapt it for your own life.

Release yourself from it.

There may some things in your past that you regret, feel guilty about, or wish you would have done differently. However, the page has turned. You may need to forgive others, or forgive yourself. Let go of pain and guilt, and focus on learning from the experience.

Reframe it.

While we can't change our past, we can reframe it to serve us better in the future. How you frame and use that experience makes all the difference. This isn't about denial or lying to ourselves, but a conscious approach to use our past to help us move closer to the future that we desire.

Use it.

Learning from the past is only of value if you can turn those lessons in to actions. The insights you gain must be put in to practice in the present, to benefit you in the future