

Chapter 18: Assignment

Letting Go and Moving Forward

Objective: This assignment will help you identify past events or choices that may be holding you back and use the tactical pause to shift your focus forward. By acknowledging these moments and choosing to move past them, you'll build a stronger mindset for achieving your goals.

Instructions:

1. Identify Key Events:

- List two to three events or choices from your past that you feel are holding you back. These might include regrets, mistakes, or circumstances you struggle to let go of.
 - For each event, briefly describe what happened, focusing on the facts. Avoid letting emotions or self-judgment take over.
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2. Take a Tactical Pause:

- Revisit each event and ask yourself: "Can I go back and change what happened?" Write down your answer for each.
 - Next, use the tactical pause to assess what you learned from each experience. Write down any insights that these events have given you. Consider how these lessons have shaped who you are today and how they could empower you moving forward.
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3. Shift Your Focus:

- For each event, write a short paragraph about how you can take control of your future rather than letting these moments define you. Think about actions, mindsets, or goals that align with the future you want, not the past you regret.

4. Define Your Future Path:

- Write down one to two new intentions or goals that will help you move forward, aligned with your Ranger Mindset. Consider how letting go of the past can open up space for these new goals.

5. Reflect:

- Take a few minutes to reflect on how this exercise felt. Write a short paragraph summarizing any shifts in your mindset or any relief you feel after choosing to let go and redirect your focus toward your goals.

Outcome: This assignment is designed to help you recognize that the power to shape your life lies in your hands and to remind you that the past doesn't have to dictate your future.

Additional Space

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