

**On your
journey of
self-growth be
your own life
coach**



**Change
your
perspective**

Day 4

"The greatest tragedy for any human being is going through their entire lives believing the only perspective that matters is their own." - Doug Baldwin

Reflect on an event that included someone else and caused you to feel disappointed. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 5

"It's not what you look at that matters; it's what you see." - Henry David Thoreau

Reflect on an event that included someone else and caused you to feel Sad. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 6

"If you change the way you look at things, the things you look at change."- Wayne Dyer

Reflect on an event that included someone else and caused you to feel frustrated. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 7

"Everything we hear is an opinion, not a fact.
Everything we see is perspective, not the truth." -
Marcus Aurelius

Reflect on an event that included someone else and caused you to feel ignored. Write down your side of the story.

Now tell the story from the other person's point of view.
Reflect on their feelings and emotions

Day 8

"What we see depends on mainly on what what we look for." - John Lubbock

Reflect on an event that included someone else and caused you to feel hurt. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 9

Truth is universal. Perception of truth varies. -
Bohdi Sanders

Reflect on an event that included someone else and caused you to feel jealous. Write down your side of the story.

Now tell the story from the other person's point of view.
Reflect on their feelings and emotions

Day 10

You cannot change the past but you can always change your perspective. - Freequill

Reflect on an event that included someone else and caused you to feel annoyed. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 11

Every horse thinks his own pack heaviest. -
Thomas Fuller

Reflect on an event that included someone else and caused you to feel disrespected. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 12

It is a narrow mind which cannot look at subject from various points of view. - George Elliot

Reflect on an event that included someone else and caused you to feel excluded. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 13

People generally see what they look for, and hear what they listen for. - Harper Lee

Reflect on an event that included someone else and caused you to feel provoked. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 14

The mind is everything. What you think you become. - Buddha

Reflect on an event that included someone else and caused you to feel insecure. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 15

Sometimes a change of perspective is all it takes to see the light - Dan Brown

Reflect on an event that included someone else and caused you to feel betrayed. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 16

Humans see what they want to see. - Rick Riordan

Reflect on an event that included someone else and caused you to feel disappointed. Write down your side of the story.

Now tell the story from the other person's point of view.
Reflect on their feelings and emotions

Day 17

There are things known and there are things unknown, and in between are the doors of perception. - Aldous Huxley

Reflect on an event that included someone else and caused you to feel infuriated. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 18

Most misunderstandings in the world could be avoided if people would simply take the time to ask, "what else could this mean?" - Shannon Alder

Reflect on an event that included someone else and caused you to feel humiliated. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions

Day 19

The eyes only see what the mind is prepared to comprehend. - Robertson Davies

Reflect on an event that included someone else and caused you to feel resentful. Write down your side of the story.

Now tell the story from the other person's point of view. Reflect on their feelings and emotions
