

## **Introduction to Module 1: Understanding how you got here and what you really want**

This module is comprised of 3 lessons:

- In Lesson 1 you will gain a clearer understanding of your regrets and decide whether it's time to let them go.
- In Lesson 2 you will gain a deeper understanding about what you believe are your past failures and be given the tools to change how you view your past experiences.
- In Lesson 3 you will gain a deeper understanding of your anger in pain and the importance of self-forgiveness to experience your life more positively.

*Click Complete and Continue to access Lesson 1.*