



Dynamic You + Dynamic Year = DY2

Module Two: *Wisdom: Find learning in what you experienced*

People say you need to learn from past mistakes, I feel you need to learn from past experience. Just like John Dewey said, “We do not learn from experience...we learn from reflecting on experience.”

The benefits from reviewing has two levels:

1. Identical - we can easily recreate the same type of success and not make similar mistakes.
2. Transferrable – we can apply the wisdom learnt to create success in other areas of your life and avoid similar mistakes to creep into new experiences.

Part 1: *Grab the wisdom from past accomplishments*

Some questions to pull out the learning:

How did I accomplish this?
What conditions were present?
What helped make it easier?
What was the key to my success?

How do you write these? As statements.

Example:

My Accomplishment: I started a group called Dynamic Women in Action and it has been a huge success.

Wisdom:

- *Things aren't as scary as they seem.*
- *I can lead groups when I'm true to my vision.*
- *Fostered relationships do well.*



What did you learn from your accomplishments?

| | |
|---------------------------|----------------------------|
| In your professional life | 1. 2. 3. 4. 5. |
| With fun and recreation | 1. 2. 3. 4. 5. |
| With your finances | 1. 2. 3. 4. 5. |
| With your friends | 1. 2. 3. 4. 5. |
| With your family | 1. 2. 3. 4. 5. |



| | |
|------------------------------|----------------------------|
| With your health | 1. 2. 3. 4. 5. |
| In your physical environment | 1. 2. 3. 4. 5. |
| With a Significant other | 1. 2. 3. 4. 5. |
| In your personal development | 1. 2. 3. 4. 5. |
| Anything else | 1. 2. 3. 4. 5. |

**Go through the wisdom and see if there are any patterns.
For example: you had a lot of success when you worked with someone else.
Put a star beside these because that could help you
in Module Three to choose what to use to make your Guidelines.**



Albert Einstein said,
“Anyone who has never made a mistake has never tried anything new.”

Mahatma Gandhi said,
“Freedom is not worth having if it does not include
the freedom to make mistakes.”

Part 2: *Grab the wisdom from past disappointments*

Some questions to pull out the learning:

What hindered my success?
What do I want to do differently?
What can I do to avoid that again?

How do you write these? I can/I’m able to ~ when I ~ statements

I can (get these results or this success) when I (do this).

or

I’m able to (get these results or this success) when I (do this).

Or flip it so the sentence starts with When I...

Example:

Disappointment: Working too much and not enough time with family and friends.

Wisdom:

- *I can spend time with family and friends when I schedule it in advance.*
- *I’m able to spend time with family and friends when I schedule it in advance.*
- *When I schedule time in advance with family and friends it actually happens.*

“Mistakes are the portals of discovery.” ~ James Joyce



| What did you learn from your disappointments last year? | |
|---|--|
| In your professional life | <ol style="list-style-type: none"> 1. 2. 3. 4. 5. |
| With fun and recreation | <ol style="list-style-type: none"> 1. 2. 3. 4. 5. |
| With your finances | <ol style="list-style-type: none"> 1. 2. 3. 4. 5. |
| With your friends | <ol style="list-style-type: none"> 1. 2. 3. 4. 5. |
| With your family | <ol style="list-style-type: none"> 1. 2. 3. 4. 5. |



| | |
|------------------------------|----------------------------|
| With your health | 1. 2. 3. 4. 5. |
| In your physical environment | 1. 2. 3. 4. 5. |
| With a Significant other | 1. 2. 3. 4. 5. |
| In your personal development | 1. 2. 3. 4. 5. |
| Anything else | 1. 2. 3. 4. 5. |

Additional questions:

- **What were some of my important discoveries?**
- **Where did I grow?**
- **What impact did I have?**