

---

# Day 18: Learning from Your Victories

**Today's Focus:** Extract learning from challenges you've successfully faced

**Time Commitment:** 20 minutes

**Core Exercise:** Challenge Reviews & Success Analysis

---

## Morning Check-in (2 minutes)

### *Daily Questions:*

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

*Fear partnership check:*

**How did your agreement with fear work yesterday?** \_\_\_\_\_

---

## Identifying Your Success Stories (4 minutes)

You've faced many challenges successfully - even if they don't feel "big enough" to count. These experiences contain valuable data about your capabilities.

### Success Inventory

*Over the past year, list challenges you've faced (even imperfectly):*

*Work/career challenges:*

1. \_\_\_\_\_

2. \_\_\_\_\_

*Personal/relationship challenges:*

1. \_\_\_\_\_
2. \_\_\_\_\_

*Learning/growth challenges:*

1. \_\_\_\_\_
2. \_\_\_\_\_

*Recent avoidance victories (from this workbook):*

1. \_\_\_\_\_
2. \_\_\_\_\_

*Choose your most meaningful success for deeper analysis:*

\_\_\_\_\_

\_\_\_\_\_

## **Main Exercise: Success Autopsy (11 minutes)**

### **Step 1: Challenge Breakdown (4 minutes)**

**Your chosen success:** \_\_\_\_\_

*What made this challenging initially?*

- Fear involved: \_\_\_\_\_
- Uncertainty: \_\_\_\_\_
- Skills needed: \_\_\_\_\_
- Emotional difficulty: \_\_\_\_\_

*How you felt before starting:*

\_\_\_\_\_

*What made you finally take action?*

\_\_\_\_\_

## Step 2: Process Analysis (4 minutes)

*What strategies helped you succeed?*

*Preparation you did:*

---

*Support you used:*

---

*Mindset shifts you made:*

---

*Actions you took:*

1. 

---

2. 

---

3. 

---

*How you handled setbacks/obstacles:*

---

## Step 3: Capability Discovery (3 minutes)

*From this experience, what did you learn about yourself?*

*Strengths I demonstrated:*

- 

---

- 

---

- 

---

*Skills I used/developed:*

- 

---

- 

---

*Resilience I showed:*

- 

---

*What this proves about my capability to handle difficult things:*

---

---

## Pattern Recognition Across Successes (2 minutes)

*Looking at all your successes, what patterns do you notice?*

*I tend to succeed when I:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*My most effective coping strategy is:*

---

*What I consistently underestimate about myself:*

---

---

## Success Template Creation (1 minute)

*Based on your analysis, create a template for future challenges:*

*When facing a new fear, I will:*

1. \_\_\_\_\_ (preparation)
2. \_\_\_\_\_ (mindset)
3. \_\_\_\_\_ (action)
4. \_\_\_\_\_ (support)

*My success reminder statement:*

"I am someone who \_\_\_\_\_"

---

## Tomorrow's Preparation

Tomorrow we'll practice celebrating courage over outcomes and develop your celebration practice.

*Success Recognition Thought:*

*"I have successfully navigated challenges before. Each success builds evidence of my resilience and capability."*

---