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I approach each day as an opportunity to experiment and learn. **I know that if I can learn from each day, I can become a more effective person.** When I am more effective, every aspect of my life benefits.

I avoid making the same mistake twice. If I recognize my mistakes and learn from them, I can avoid repeating my mistakes.

When I avoid making the same mistakes over and over, life becomes much easier to navigate.

Each day is an opportunity to become a better and more capable version of myself. I improve as much as I can from each day.

At the end of the day, I ask myself what I could do better. I am determined to learn from each and every day I experience. I use each day to become more knowledgeable.

I also use each day to my advantage. I plan out how I am going to spend each day in order to maximize how much I can learn from it.

I avoid repeating behaviors unless I know they are highly effective. I am always looking for a better way.

Today, I avoid repeating my past mistakes. I search for the most effective way to live my life. I learn as much as I can from today and then use today to better my tomorrow.

Self-Reflection Questions:

1. What did I learn from yesterday? How did I apply that knowledge to today?
2. What are the mistakes I repeat? Why do I repeat them?
3. If I learned as much as I could from each day and applied that information, what would change in my life?