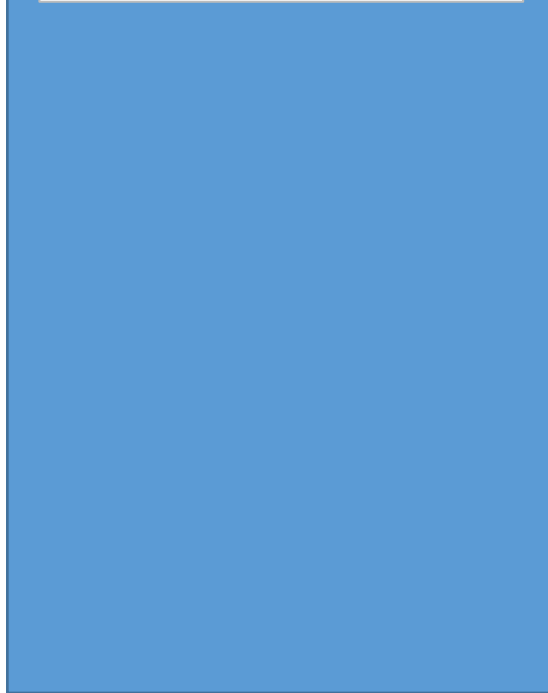


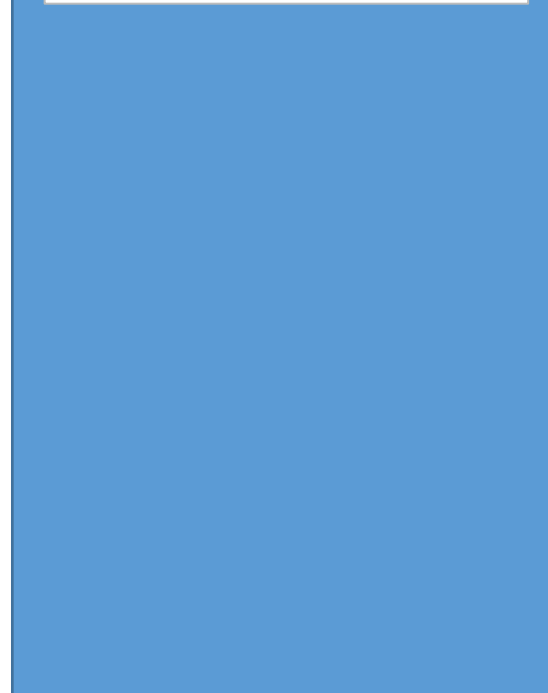
## **30 Days Reliving Your Past Challenge**

Use this to schedule in what you want to relive and keep track of anything that you want to remember about reliving the moments (how it made you feel, how it affected you now, etc.)

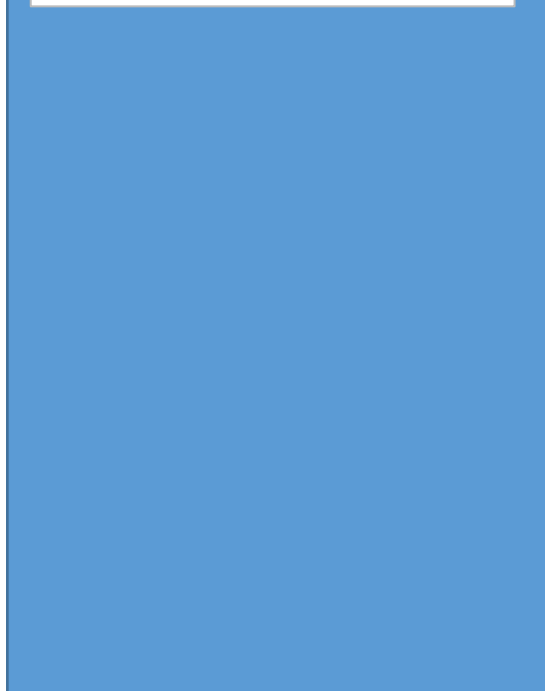
Day 1



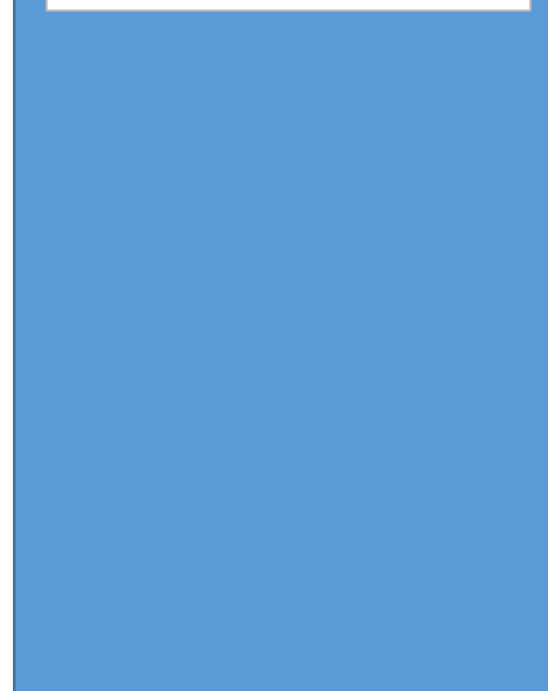
Day 2



Day 3



Day 4



Day 5

Day 6

Day 7

Day 8

“Life can only be understood backwards; but it must be lived forwards.”  
— Søren Kierkegaard

Day 9

Day 10

Day 11

Day 12

“When we are tired, we are attacked by ideas we conquered long ago.”  
— Friedrich Nietzsche

Day 13

Day 14

Day 15

Day 16

“The past is never dead. It's not even past.”  
– William Faulkner, Requiem for a Nun

Day 17

Day 18

Day 19

Day 20

“Study the past if you would define the future.”  
— Confucius

Day 21

Day 22

Day 23

Day 24

Those who do not remember the past are condemned to repeat it.  
George Santayana

Day 25

Day 26

Day 27

Day 28

“Don't cry because it's over, smile because it happened.”  
— Dr. Seuss

Day 29

Day 30

“Don't Just

Don't just learn, experience.

Don't just read, absorb.

Don't just change, transform.

Don't just relate, advocate.

Don't just promise, prove.

Don't just criticize, encourage.

Don't just think, ponder.

Don't just take, give.

Don't just see, feel.

Don't just dream, do.

Don't just hear, listen.

Don't just talk, act.

Don't just tell, show.

Don't just exist, live.”

– Roy T. Bennett, **The Light in the Heart**