Sometimes it is helpful to tabulate what /when  
And now we are re doing this – what and why would we choose to do now?  
Also – what set this up.

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| **What Happened?** | **WHEN?** | **ACTION TAKEN?** | **RESULT** | **2023 - ALTERNATIVE** |
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Hopefully this helps you work through a case in an overly sequence – in life.   
Especially when ill yourself. Or – looking back at what was your life and where you would take your Younger Self now.