

# The Bad Advice Reflection Guide

On this exercise you can write down all the bad advice that you've gotten over the years, the ill-conceived warnings and instructions and the ones that have cost you the most. Write down what they cost you. When you see these formal descriptions of bad advice you've received, you'll understand that you no longer can allow someone's unqualified advice to steer the direction of your life. Create this new habit of ignoring bad advice getting good advice from qualified people and diminish your internal villain and gain a new level of confidence.

WHAT BAD ADVICE HAVE YOU ADOPTED?	HOW HAS THIS BAD ADVICE COST YOU?