

## One door closes, another door opens

Materials: Paper and Pen

Time required: 15-20 minutes

Take out a pen and paper and give yourself about 20 minutes of free, uninterrupted time.

Think about a time in your life when someone rejected you or you missed out on something important, or when a big plan collapsed.



These would be times in your life when a door closed.

Now think about what happened afterwards?

What would have never happened if the first door remained open?

Write down these experiences (as many as you wish) in the following format:

The door that closed for me was...

The resulting door that opened for me was...

Consider the following questions:

What led to the door closing? What helped you open the new door? How long did it take you to realize that the new door was open? What prevented you from seeing the new open door? What can you do next time to see the new open door sooner? What were the effects of the door closing on you? Did it last long? Did the experience bring anything positive? What character strengths did you have to use? What does a closed door represent now? What did you learn from the door closing? Did you see room for growth in such experiences? Is there a closed door that you still wish to see opened?