

Reframing Your Challenges

Day # _____ Date: _____

INSTRUCTIONS: Successful people reframe challenges in terms of the benefits. If you take control of the meaning you give to those ups and downs you will have staying power. If you allow yourself to only see the downside of challenges it will make life much harder. Use this handout every day for 30 days and you will notice that reframing becomes more a default habit in your life.

1. What is a challenge from your past that you still regret?

What was good about it? Feel free to use your sense of humor or your inner wisdom—or both. What was the silver lining? What might you have learned? How might you have become a better person, more resilient, wiser, more experienced, or stronger by having gone through this? List at least 7 things.

2. What is a challenge going on right now?

What's good about it? Again, feel free to use your sense of humor or your inner wisdom—or both. What might be the silver lining here? What might you be learning? How might you become a better person, more resilient, wiser, more experienced, or stronger because you are having to deal with this? List at least 7 things.
