

REFRAME YOUR FAILURE - A MINDSET SHIFT TURN SETBACKS INTO STEPPING STONES FOR SUCCESS

PERCEIVED FAILURE/EVENT



WHAT HAPPENED? DESCRIBE THE SITUATION THAT YOU PERCEIVED AS A FAILURE.

ру Аг	rtist	

PERCEIVED FAILURE/EVENT



WHAT HAPPENED? DESCRIBE THE SITUATION THAT YOU PERCEIVED AS A FAILURE.
--

y Artist	





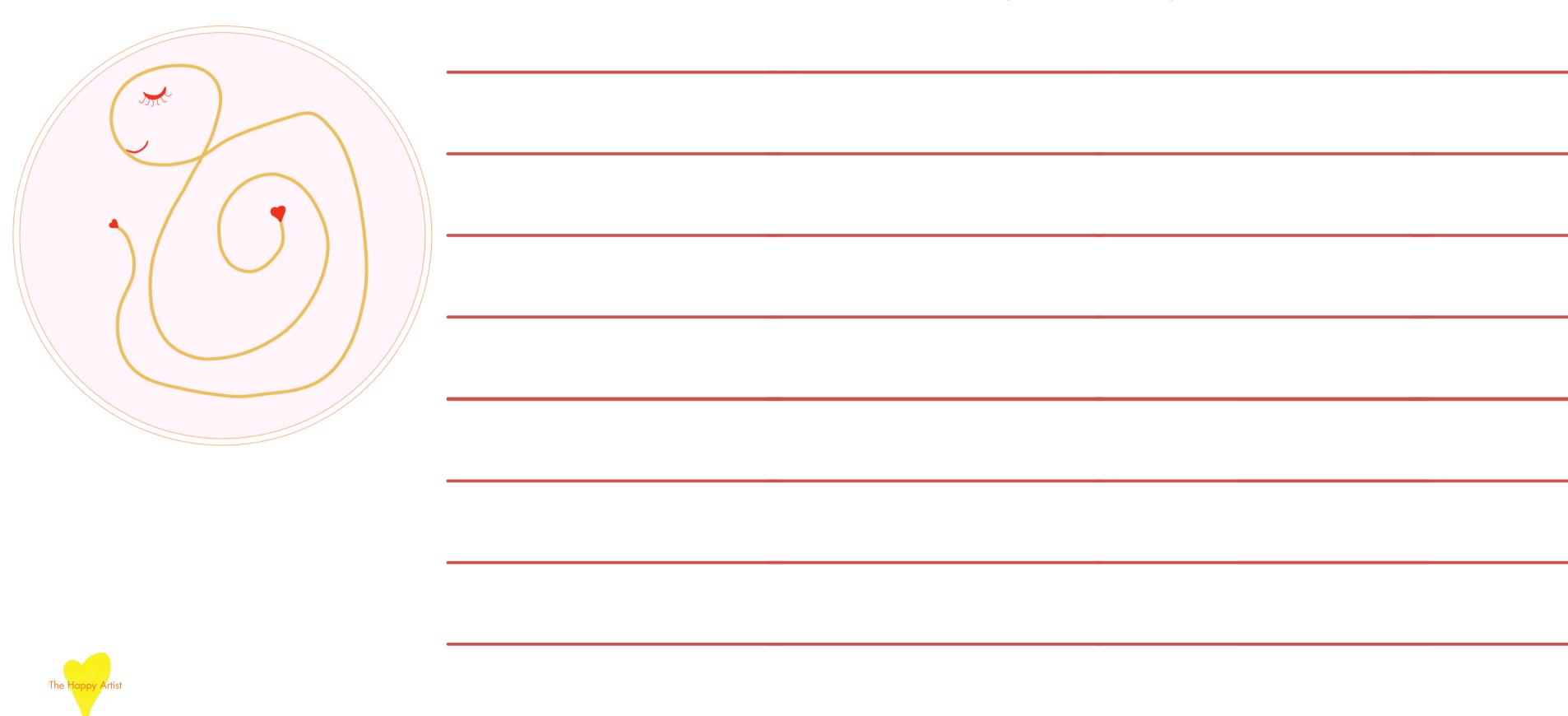
INITIAL FEELINGS, DID YOU FEEL....

DISAPPOINTED → FRUSTRATED → EMBARRASSED → ASHAMED → SAD
 → ANGRY → HOPELESS → MOTIVATED → CONFUSED → RELIEVED



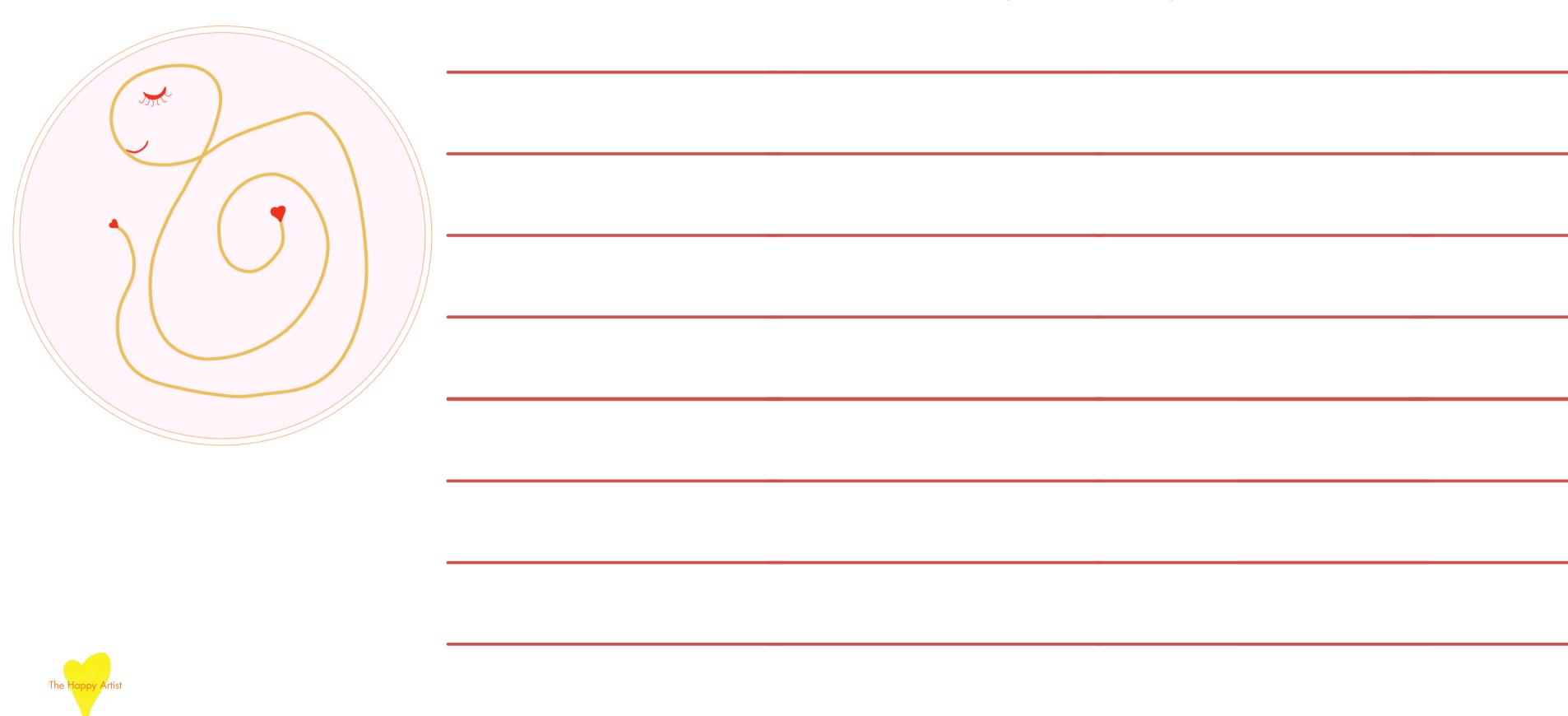
LESSONS LEARNED

WHAT DID THIS EXPERIENCE TEACH YOU? .SKILLS, RESILIENCE, OR NEW INSIGHTS GAINED



LESSONS LEARNED

WHAT DID THIS EXPERIENCE TEACH YOU? .SKILLS, RESILIENCE, OR NEW INSIGHTS GAINED



REFRAMING THE FAILURE

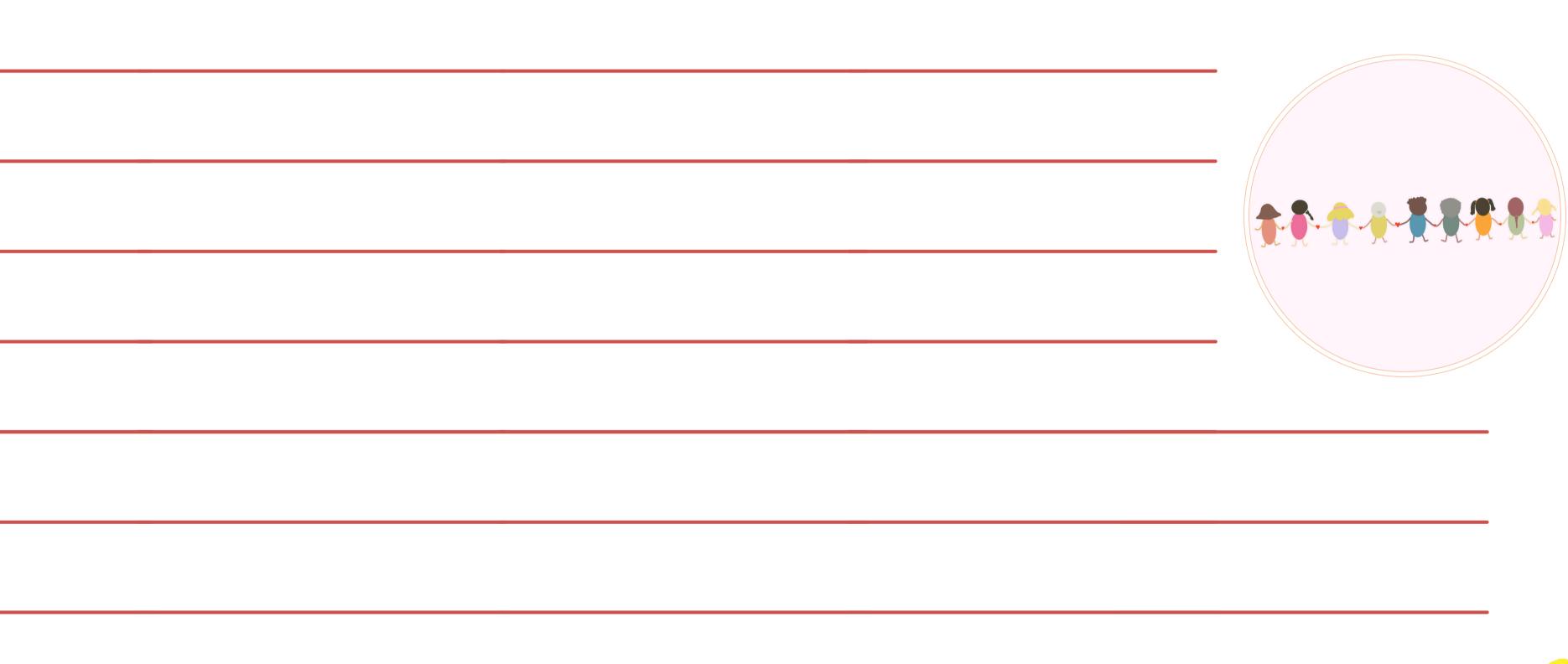
IF YOU WERE GIVING ADVICE TO A FRIEND WHO EXPERIENCED THIS, HOW WOULD YOU HELP THEM SEE THE POSITIVES?





NEW PERSPECTIVE

WHAT STRENGTHS DID THIS FAILURE REVEAL ABOUT YOU?





ACTION PLAN



HOW CAN YOU APPLY WHAT YOU'VE LEARNED MOVING FORWARD? NEXT STEPS	?

ру А	Artist	



FINAL REFLECTION

REMEMBER FAILURE IS JUST ANOTHER WAY TO GROW!

"IT'S NOT HOW FAR YOU FALL, BUT HOW HIGH YOU BOUNCE THAT COUNTS." ZIG ZIGLAR





lisa@thehappyartist.com
www.thehappyartist.com

