



SETBACK WORKSHEET

"SETBACKS ARE JUST BUMPS IN THE ROAD"

Wherever you are in life, you have to be prepared for setbacks. A setback is something that happens to slow down your progress, or a bump in the road. Often making you want to give up. Prepare yourself for setbacks, because like it or not, they happen to all of us. **For a positive spin on the word setback, we will refer to them in this worksheet as growth opportunities.**

What is your goal?

This might be a goal you are aiming for "to get a promotion at work" or it might be a life goal as simple as "staying married"

- **What is a growth opportunity that might happen along the way?**

- **What are 3 feelings you might experience during the growth opportunity?**

- **What are some ways you have productively dealt with these feelings in the past?**

- **If you experience a growth opportunity, what are three ways you can adapt to accommodate this growth opportunity?**