



Setback Worksheet

“SETBACKS ARE JUST BUMPS IN THE ROAD. TURN A SETBACK INTO A COMEBACK”

A setback is something that happens to slow down your progress (a bump in the road) but it doesn't stop you. Prepare yourself for setbacks, because like it or not, they happen to all of us.

Read my blog on setbacks at www.goodthingsaregonnacome.com

For a positive spin on the word setback, we will refer to a setback as a growth opportunities here!

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 WAYS YOU HAVE PRODUCTIVELY DEALT WITH THESE FEELINGS IN THE PAST?

IF YOU EXPERIENCE A GROWTH OPPORTUNITY, WHAT ARE 3 WAYS YOU CAN ADAPT TO ACCOMMODATE THIS GROWTH OPPORTUNITY?

