

EMBRACE, REFLECT, **AND GROW**

Take 10 minutes to work through this worksheet and reframe your own experiences with failure.

1

Reflect on a Past Failure:

*What happened?
How did it make you feel?
What did you learn from the experience?*

2

Reframe the Story:

*Write down three positive outcomes from this failure.
Identify one skill or trait you gained.*

3

Set a Resilience Plan:

*Think of a goal you've been afraid to pursue. Break it into smaller, manageable steps.
Example: 1 hour every evening.*

4

Create Your Mantras for Strength:

*Write three affirmations to guide you.
Examples:
"Every failure brings me closer to success."
-"I am stronger than any challenge."
-"I am learning, growing, and thriving."*

5

Visualise Your Comeback:

*Draw a flowchart of your goal with potential obstacles and how you'll overcome them.
- Example: Goal → Setback → Solution → Growth.*