

# Personal Reflection Exercises...

## I respond to setbacks with optimism and a sense of opportunity.



### I respond to setbacks with optimism and a sense of opportunity.

Challenges that set me back cannot stop me. **At worst, they can only delay my success a little bit.** In the end, though, I know that I can attain great success. I am confident of my abilities to overcome obstacles.

Sometimes a setback gives me a chance to advance my knowledge and see things in a new way, which results in achieving my goal even sooner than my original path may have taken. **My setback becomes the event that actually catapults me forward!**

Sometimes what seems like a setback gives me a chance for adventure, like if my flight is canceled and I am stranded in a strange city. I could get upset about it. Or I could take advantage of my opportunity to take a mini-vacation and be a tourist for a day!

If I get stuck in a long traffic jam, instead of worrying about being late for an appointment, I can call ahead to reschedule and then listen to an inspiring CD. This moment may be just the thing I need to discover a solution to another challenge.

**There are some setbacks that can even serve to heighten my motivation to achieve my goal.** My optimistic attitude jumps in to tell me that I am capable, in spite of the setback, and I get through with more determination than ever before!

For these reasons, **I resist the temptation to think of setbacks as bad.** In fact, I know that they are often good. So I view them as an opportunity and look for the silver lining as I seek my solution.

Today, I intend to look for the silver lining in every challenge and view my setbacks in a positive light.

### Self-Reflection Questions:

1. Do I automatically view all setbacks as bad? Why?
2. When has a setback turned out to bring me something good after all?
3. Am I optimistic that I can succeed in spite of my setbacks?