

# **Reframing Challenges Worksheet**

Mindset - Week 3: 12-15-25

## **Part 1: What's the Challenge?**

**Describe the current situation that feels difficult or frustrating:**

 *[Write a few sentences about what's happening right now. Be honest and gentle with yourself.]*

## **Part 2: What is this moment teaching me?**

 What lessons or strengths could this challenge be revealing?

◆ What am I learning about myself right now?

◆ What skills am I developing?

◆ How might this help me in the future?

 *Write your thoughts below:*

## **Part 3: Reframe the Story**

Rewrite the challenge from a growth perspective using one of these prompts:

 *Instead of saying...*

*"This is too hard."*

 *Try...*

*"This is stretching me in new ways."*

 Reframe your challenge in your own words:

*"This situation is helping me grow because..."*

## **Part 4: Affirm & Anchor**

 Choose one affirmation to hold onto when things feel tough:

✓ *"I've done hard things before. I can do this too."*

✓ *"Growth isn't always comfortable, but it's worth it."*

✓ *"This challenge is not the end of the story."*

Write your favorite affirmation here and post it somewhere you'll see it often:

 *Your affirmation:*