

YOUR DEFEAT CHEAT SHEET

Follow each step to tackle your next challenge with confidence and recover from defeat like a pro.

Step 1:

RECOGNIZE



Acknowledge the emotions associated with your defeat and allow yourself to feel them. Then, take time to write down how you're feeling about your defeat.

Step 2:

RELEASE



Release your feelings by reflecting on the following questions:

- Who can you turn to for support?
- How can you distract yourself in this moment?
- What are you grateful for right now?

Step 3:

REGROUP



Come up with a **game plan**.

Do you need to change your goal or plan?
How?

Step 4:

GET READY!



Write down **4 steps** you are going to take to execute your plan.