

REFRAMING DEFEAT WORKSHEET

Use this space to reflect on your defeat, work through your emotions, and reframe your defeat into an opportunity.

Step 1:

RECOGNIZE



Write down how you're feeling about your defeat.

Acknowledge the emotions associated with your defeat and allow yourself to feel them.

Record your reflections here.

Step 2:

RELEASE



Release your feelings around your defeat 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?

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Step 3:

REGROUP



Write down how you will change your goal or plan.

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.