

Recovering from Setbacks



setback

[noun] a check to progress; a reverse or defeat

Source: Dictionary.com

recovery

[noun] an act of recovering. (2) the regaining of or possibility of regaining something lost or taken away. (3) restoration or return to health from sickness. (4) restoration or return to any former and better state or condition. (5) time required for recovering.

Source: Dictionary.com

Today's date _____

Describe your current setback:

Schedule some recovery time for at least 4 days (use more time if needed)

Day 1: Date _____ / list time slots for recovery time
(e.g. 6am-7am, 12pm-1pm, 9pm-10pm)

Day 2: Date _____ / list time slots for recovery time

Day 3: Date _____ / list time slots for recovery time

Day 4: Date _____ / list time slots for recovery time

List the self-love practices and routines you will use during your recovery time

(e.g. exercising, journaling, more sleep, meditation, organic meal delivery service, bible study, sitting outside, lunch NOT at my desk, etc.)

List the people who are your positivity crew. Schedule time to see them during your recovery days.

Day 1: Date _____ / I will spend time with : _____

List activity(s): _____

Day 2: Date _____ / I will spend time with : _____

List activity(s): _____

Day 3: Date _____ / I will spend time with : _____

List activity(s): _____

Day 4: Date _____ / I will spend time with : _____

List activity(s): _____

Try again

- Review the setback.
- Look at the data/information you provided for each section of this worksheet.
- Think about goals you set for yourself.
- Adjust them as necessary and create an updated **action plan**.
- Use what you learned from the setback to remain focused and ready to make more informed decisions.

Setback: The sponsor from my half-day intensive fell through

Updated Action Plan

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|---|--|--|--|--|
| Self-love activities | Solo morning walk each Monday | Go to meditation class with Flora | Listen to Elizabeth Gilbert's podcast before bed | Cook dinner on Tuesday & Wednesday |
| Potential new sponsors | Talk to my business mentor | Check in with my former mastermind colleagues | Ask my mom for support from her Toastmasters group | Create a plan b – with no sponsors (How could I make that work?) |
| Support from my positive crew | Lunch with Kara. Have her introduce me to Felipe. I like his philanthropic work. | Go to yoga with Yolanda. Smoothies afterwards to brainstorm. | Stroll in park with Lora. She will help me laugh. | Movie night with Raquel. Good and easy energy. |
| New ideas based on what I learned from this setback | Don't be afraid to ask for clarification | Allow more planning time | Scale back moving part | Create a partnership filter – to find better fit for collaboration |

Setback: _____

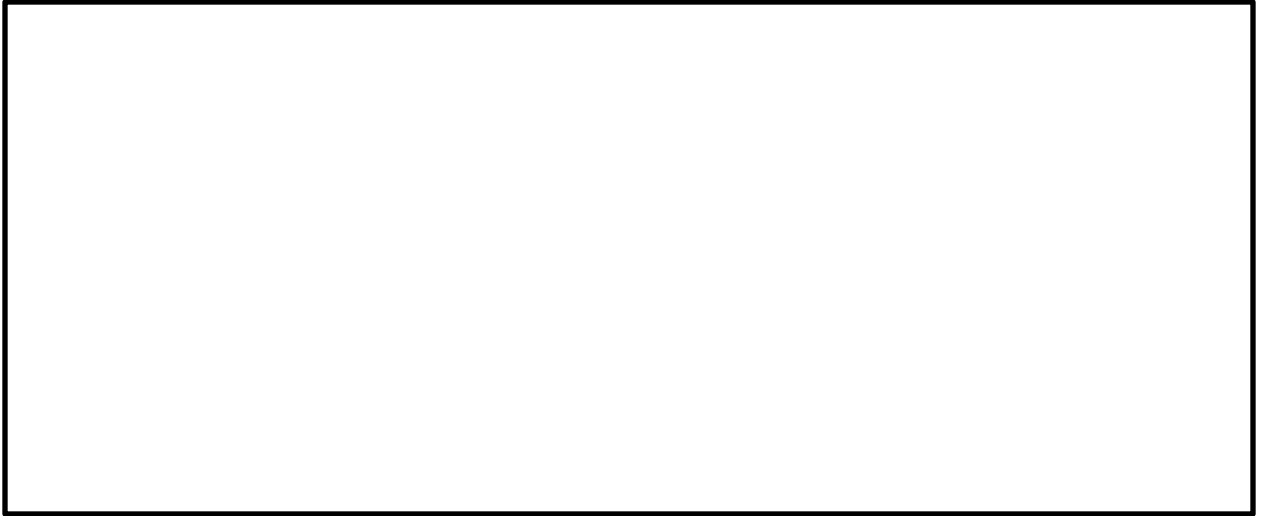
Updated Action Plan

| | | | |
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Setback Wrap-Up

Give yourself 5-to-10 minutes to sit quietly. Close your eyes and visualize your daily life after going through the setback recovery process.

What did you see and feel?

A large, empty rectangular box with a black border, intended for the user to visualize their daily life after going through the setback recovery process.

Give yourself 15 minutes, or more, to write down what your daily life will be like when you have fully recovered from this setback. Outline how your days will flow. Capture how you will feel on a daily basis. Describe what types of activities you will participate in. Be specific and unedited while writing.

A large, empty rectangular box with a black border, intended for the user to write down their daily life after fully recovering from the setback.