

WHAT TO DO WHEN THINGS DON'T GO YOUR WAY

- Take a **step back** and **evaluate**.
- **Vent** if you have to, **but don't linger** on the problem.
- Realize there are **others** out there **facing this too**.
- **Process** your **emotions**.
(Journal, Audio tape, Meditate, Talk to someone)
- **Acknowledge** your **thoughts**.
(Recognize their presence)
- **Give** yourself a **break**.
(Go for a walk, Listen to music, Watch a movie, Get some sleep)
- **Uncover** what you're really **upset** about.
(Clue: It's not the world)
- See this as an **obstacle** to be **overcome**.
- **Analyze** the situation - **Focus** on **actionable** steps.
- Identify **how it occurred** - so it **won't occur again** next time.
- Realize the situation **can be a lot worse**.
- Do your **best**, but **don't overthink** it.
- **Pick** out the **learning points** from the encounter.
(Always something to learn from everything)