

How to Manage Setbacks On Your Well-being Journey.

This worksheet is a companion to the video [How to Manage Setbacks On Your Well-being Journey](#)

Step 1: Step 1: Clarify the setback

What was the setback? What actually happened?

How did you respond? How did you feel?

What was the outcome?

Step 2: Look for the lesson

What did you learn about yourself?

What helpful insight can you glean from the setback and how you responded?

Part 3: Integrate and apply the learning

How can you apply what you have learned in the future?

How can you handle it differently if it happens again?

What do you need to do to move forward? What resources or support do you need?

Part 4: Letting go and move on

Practice Self-Compassion, and don't blame yourself or dwell on what happened.

How can you be more forgiving and understanding of yourself?

What self-critical story do you believe about yourself that you can let go of?