

Reframe Cheat Sheet: Turning Setbacks into Traction in 3 Steps



Step 1: Recognize the Story

When a setback happens, your mind immediately creates a story about what it means. Pause and identify that story. **Ask yourself:** -What am I telling myself about this situation? -Is that story empowering or limiting me?

Example: *"I failed at that launch, maybe I'm not cut out for business."*

New awareness: *That's a story, not a fact.*

Why it Works ■ *The first step to freedom is realizing you're the storyteller.*

Step 2: Reframe the Meaning

Shift your perspective from loss to lesson.

Ask Yourself: What can I learn from this? How might this be preparing me for something better?

Example: *"I didn't fail, I discovered what doesn't work yet."*

"I'm gaining experience that will make the next launch smoother."

New Awareness: *I have the power to choose a perspective that fuels growth instead of defeat*

Why it Works ■ *Reframing builds emotional flexibility, do not react to the moment, redefine it.*

Step 3: Redirect Your Energy

Once you've reframed the meaning, channel that new perspective into action.

Ask Yourself: What's one small step I can take today toward progress? How can I use this experience to build momentum?

Example: *I'll review my feedback, adjust my strategy, and relaunch next month.*

New Awareness: *I am not powerless, I can always choose my next step. Action transforms my new mindset into momentum.*

Why it works: *Movement creates confidence. Even small actions shift your energy from stuck to strong*

Remember:

You can't control what happens, but you can always control your interpretation.

Reframing isn't pretending, it's choosing to see growth instead of defeat.