



Reflection on Setbacks Diary

Good: Often when we experience a setback we become overly critical, and forget to acknowledge what we have done well. Take this opportunity to reflect on what you did well, acknowledging your efforts and reminding you to continue doing a good job in certain areas.

Better: Setbacks are a normal part of the process of progress. Focusing on what you can change for next time will ensure setbacks are fewer and further between in the future. Take this opportunity to reflect on what you will look to do differently next time, acknowledging the changes you feel will make a difference.

How: Once you have figured what you are going to do differently, it is important to figure out *how* you are going to do it. For example, if you are going to get up earlier, you may (a) set an alarm for the morning, (b) set an alarm to go to bed the evening before, and/or (c) ensure you work efficiently the previous day allowing you time for sleep. Once you have reflected on what you will do more of, less of, or differently, you can write it down and tear off the bottom of this worksheet, leaving you with only what you will be mindful of next time!

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