

TOP TIPS

Bouncing back after a disappointment: The 6 questions you really need to ask yourself



HOW IMPORTANT IS THIS ISSUE ON A SCALE OF 1 – 10?

It might not be as important as you think when you stop to reflect.



WILL THIS MATTER IN 6 MONTHS' TIME?

Will help you put the situation in perspective.



HOW WOULD I LIKE TO RESPOND TO THIS DISAPPOINTMENT?

– is my response appropriate



WHAT ADVICE WOULD I GIVE TO A FRIEND?

We can be our own worst critic so show yourself some respect when replaying the situation in your mind.



WHAT CAN I FIND POSITIVE IN THIS SITUATION?

When we look for the positive it helps focus our minds and inspires us to move forward.



WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

There is learning in everything especially things that don't work out the way we had hoped.