

FINDING THE OPPORTUNITY

10-60 second practice to reframe adversity and fuel your growth mindset



PURPOSE:

- Shift from a problem-focused mindset to a solution-oriented perspective
- Cultivate resilience by finding meaning and value in adversity
- Build the mental habit of seeing setbacks as temporary and instructive

HOW TO:

1 **Pause** when something goes wrong

2 **Look for the hidden opportunity or lesson**

Ask yourself:

- What might be a hidden upside/benefit?
- Is there a lesson to be learned?
- How might this help me grow?
- Is there something to be grateful for?

3 **Act** with optimism and creativity