

Personal Development Worksheet

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Creative Responses to Difficult Times

Different situations/times appear in our lives and sometimes they can be difficult. An important part of personal development is to view the situation from different perspectives. When you become self-aware of how your thoughts, beliefs and attitudes affect your life you can then choose to expand your mindset to including new possibilities and creative responses. In order to cope well with difficult situations/times you need to build up a variety of different tools and techniques to manage them well. Answer the following questions to help expand your mindset and gain a different perspective.

Write down something that has been recently challenging for you:

Were you able to create a win/win solution for yourself and everyone involved?

If you couldn't, what were the difficulties/challenges?

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If you did create a win/win situation, how did you get there?

What did you do to be successful in this situation?

What creative responses to challenges do you have in your personal 'toolbox'?

How do these creative responses help you deal with challenging times?

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What else could you do to handle stressful or difficult times?

How else could you handle them?

How would a successful entrepreneur handle this?

How would your best friend or family member handle this? What would they do differently than you?

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What could you do in this situation if it happened again?

What could you change in your behaviour to create a positive outcome?

How could you think differently about situations to make you more resilient?