



Setback Reflection Worksheet

R.I.S.E. STANDS FOR

Reflect • Innovate

• Strategize • Execute

Hi there,

Setbacks are not the end of the story. They are information. The problem is that most of us try to push forward before we have actually learned what the setback was trying to teach us. So we rebuild on the same shaky ground and wonder why it feels hard.

This worksheet is short and direct. It will help you do four things: name what happened without judgment, find the lesson inside it, decide what needs to change, and choose one intentional next move. This is the heart of R.I.S.E., Reflect, Innovate, Strategize, Execute.

Find a quiet ten minutes and be honest with yourself on the page.

Reflect: name what happened

Describe the setback in plain terms. What did not go the way you hoped? Stick to what actually happened, not the story you have been telling yourself about what it means.

How have you been carrying this? Name the feeling, disappointment, frustration, doubt, or something else. Naming it takes some of its weight.

Innovate: find the lesson

Every setback reveals something. Look for it.

What held up well, even though things did not go as planned? What strengths or efforts are worth keeping?

What did this setback show you that you did not see before? What would you do differently with what you now know?

Strategize: decide what changes

Knowing the lesson is not enough. You have to let it change something.

Based on what you have learned, what is one thing that needs to change going forward? A habit, a boundary, an approach, an expectation.

What support or structure do you need this time that you did not have before?

Execute: choose one intentional move

You do not need a ten-step plan. You need one move that proves to yourself you are moving forward again.

What is one intentional action you will take in the next week that puts the lesson into practice?

I will take this action by (day and time):

One last thing

You do not rebuild by pretending the setback did not happen. You rebuild by understanding it, then acting on what it taught you. Identity is built through evidence of execution, not just good intentions. Every intentional step is proof you are still moving.

If you want space to reflect, rebuild your confidence, and create a stronger strategy with real support and accountability, that is what the R.I.S.E. program is built for. When you are ready, you can book a free discovery call and we will explore whether it fits where you are now.

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