

WHAT TO DO WHEN THINGS DON'T GO YOUR WAY

1. Take a **step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)