

# ***PERSPECTIVE SHIFTING WORKSHEET:***

Turning Challenges into Opportunities



# ***INSTRUCTIONS***

## ***OVERVIEW:***

When faced with a challenging situation, it can be difficult to maintain optimism. This worksheet is designed to help you shift your perspective to a more optimistic one by working through a past or present challenge. Begin by uncovering your internal feelings about the situation with the Exercise. Then, you can choose to complete one, two, or all three of the activities to shift your perspective and work through the issue. These activities can be done individually to explore different aspects of the situation or together to gain a more comprehensive understanding and positive outlook.

## ***INSTRUCTIONS FOR COMPLETING THE WORKSHEET:***

**Step 1** - Complete the Exercise: Choose a past challenge or a present negative issue to focus on. Write this issue in the center circle of the exercise and follow the instructions to reflect on how this situation has impacted you along with your internal thoughts and feelings about it. This step is essential for understanding the core of the issue and setting the foundation for moving forward.

**Step 2** - Select Additional Activities: Based on your needs, choose one, two, or all three of the activities that follow. Each activity offers a unique way to shift your perspective and find positives in the situation.

**Final Step** - Reflect on Your Insights: After completing the exercise and activities, take a moment to reflect on any new insights, changes in perspective, or actions you can take moving forward.

### Disclaimer:

This worksheet is intended for personal reflection and development. It is not a substitute for professional psychological or medical advice, diagnosis, or treatment. If you are experiencing significant distress or have concerns about your mental health, please consult with a licensed mental health professional. The exercises provided are designed to promote positive thinking and resilience but should be used as a complement to, not a replacement for, professional care. The authors and publishers of this worksheet are not liable for any outcomes resulting from its use.

## **EXERCISE: MIND MAP**

### ***INSTRUCTIONS:***

Use this exercise to explore your internal thoughts and feelings about a situation. In the center bubble, write the issue or challenge you're facing. Then, in the three surrounding boxes, write the primary thoughts, emotions, or concerns that arise when you think about the issue.

### **Example:**

Center Bubble: "Job Loss"

Surrounding Boxes: "Worry about finances," "Fear of the unknown," "Relief from stress"

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**THOUGHTS ABOUT IT**

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**RELATED EMOTIONS**

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**FEARS & CONCERNS**

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**THE ISSUE**

## **ACTIVITY A:** **TREASURE CHEST** **INSTRUCTIONS:**

In this exercise, identify the positive outcomes that have already come from the situation or that could potentially arise. Next to each gem in the treasure chest, write one positive aspect or opportunity that you can recognize or anticipate.

### **Example:**

Gem 1: "More time with family"

Gem 2: "Opportunity to explore new career paths"

Gem 3: "Personal growth from overcoming adversity"



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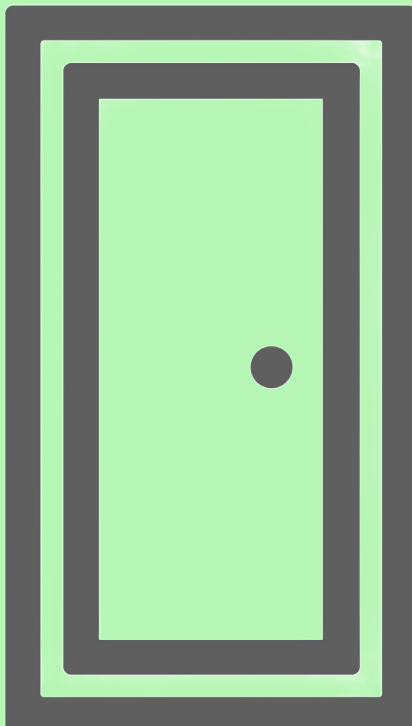


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## ***WHAT WAS LOST...***



## **ACTIVITY B:** **DOORS CLOSED, DOORS OPEN** **INSTRUCTIONS:**

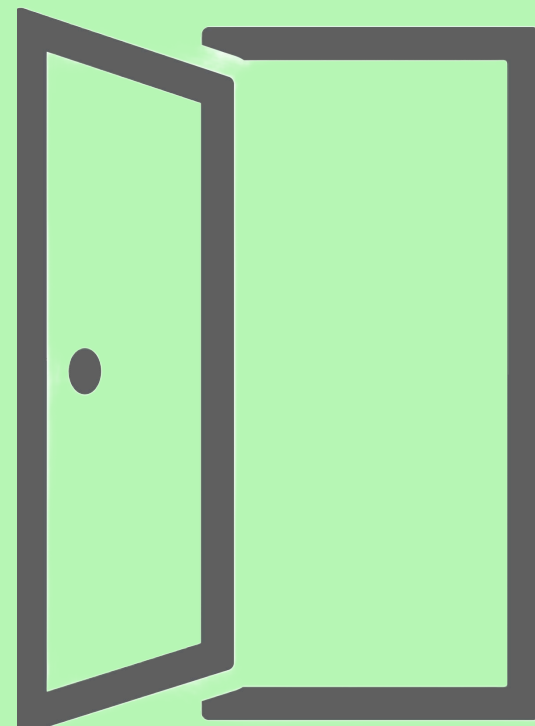
Reflect on the changes that have occurred due to the situation. On the "Closed Door," write down what opportunities or aspects of your life were lost or ended. On the "Open Door," write down the new opportunities, paths, or perspectives that have emerged as a result.

### **Example:**

Closed Door: "Lost a job in my field"

Open Door: "Starting my own business with a flexible schedule"

## ***NEW OPPORTUNITIES...***



## ACTIVITY C:

### SLIDER SCALES

#### INSTRUCTIONS:

Use the first slider (1) to mark how you currently feel about the situation (closer to positive or negative). On the second slider (2), mark how you would realistically like to feel. In the space provided (3), write three positive steps you can take to move from your current feelings to your desired feelings.

#### Example:

Current Feeling: "Overwhelmed" (closer to negative)

Desired Feeling: "Hopeful" (closer to positive)

#### Three Positive Steps:

"Break tasks into smaller, manageable steps."

"Reach out for support from friends or mentors."

"Practice daily gratitude to shift focus to positives."

### 3 POSITIVE STEPS

3



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### CURRENT/PAST FEELING

1

Hopeful-Confident-  
Empowered-Grateful-  
Content-Happy



Anxious-Frustrated-  
Overwhelmed-  
Disappointed-  
Helpless-Resentful

### DESIRED FEELINGS

2

Hopeful-Confident-  
Empowered-Grateful-  
Content-Happy



Anxious-Frustrated-  
Overwhelmed-  
Disappointed-  
Helpless-Resentful

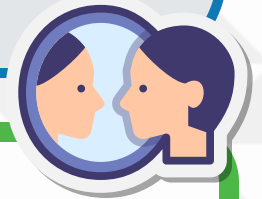
## **REFLECT ON YOUR INSIGHTS**

Now that you've completed the exercises, take a moment to reflect on the insights you've gained from this process. How has your perspective on the challenge shifted? What new thoughts or feelings have emerged? Consider how these insights can help you approach similar situations in the future.

Use the space below to write down any important realizations or lessons learned from this exercise.

### **Example Reflection:**

"I've learned that when I face obstacles, it helps to break them down into smaller, manageable steps instead of feeling overwhelmed."



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# CONCLUSION

Congratulations on completing the exercises!

By reflecting on your challenges, identifying opportunities, and exploring your emotions, you've taken meaningful steps toward building a more positive and optimistic mindset. Remember, the insights you've gained here are tools you can use in future situations.

Keep moving forward, knowing that you have the power to shape your perspective and overcome any obstacles that come your way.

## STAY CONNECTED

your journey doesn't end here. Stay engaged with us for more tools, resources, and tips to continue building your Psychological Capital.



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