



# What to do when things

## don't go your way!

- 1. Take a step back and evaluate
- 2. Acknowledge your thoughts
- 3. Pick out the learning points from the encounter
- 4. Vent if you have to, but don't linger on the problem
- 5. Give yourself a break
- 6. Analyse the situation. Focus on actionable steps
- 7. Realize there are others out there facing this too
- 8. Uncover what you're really upset about
- 9. Realise the situation can be a lot worse
- 10. Look for the positives
- 11. See this as an obstacle to be overcome
- 12. Always do your best!