

# Worksheet for Reframing Thoughts

Champions reframe situations in ways that motivate them to perform their best. They proactively create a positive mind-set that promotes excellence rather than allowing the situation to dictate how they think and feel. For this worksheet, list situations in the box on the left that interfere with personal excellence, and reframe those situations more constructively by asking yourself the questions from the box on the right.

## Situations

Situations I dislike or complain about that prevent me from performing my best.

## Reframing Strategies

How can I reframe this situation as a positive challenge?

What are the positives/benefits of this situation?

How might I benefit from this opportunity?

What can I learn from this situation?