

MAKE WINNING EASY · MAKE LOSING FUN

Find Meaning in Suffering

A Mastermind Workshop Exercise

Name: _____

Date: _____

1

PAST LOSSES

Think of 3 significant setbacks or losses you've experienced

LOSS #1

What I learned:

How did this make you stronger today?

LOSS #2

What I learned:

How did this make you stronger today?

LOSS #3

What I learned:

How did this make you stronger today?

2

CURRENT CHALLENGES

Two recent or ongoing losses that still feel unresolved. What are you currently failing at?

CURRENT LOSS #1

The possible lesson (brainstorm a few options until something feels right):

What is possible for me if I really absorb the lesson(s) above?

CURRENT LOSS #2

The possible lesson (brainstorm a few options until something feels right):

What is possible for me if I really absorb the lesson(s) above?

3

FUTURE CHALLENGE

Name something scary you want to do — then flip the fear

Something scary I want to do:

Worst case scenario:

Best case scenario:

One thing I could learn even if it goes badly:

Action steps to maximize learning if I go forward and fail:

1.

2.

3.

Commit to one thing you will do to either maximize learning from a current challenge or take on a future challenge:

When are you committed to taking this action?

Every loss is a lesson. Every setback is a setup for a comeback.