

*On the Journey.*

# Setback Reflection Mini - Journal



@onthejourney.nl

# Setback Reflection

Which of the visuals below would you relate as the impact of the setback?

**A**



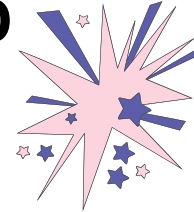
**B**



**C**



**D**



In what ways I consider this experience/occurrence as “failure”?

How do I feel about this “failure”?

## *On the journey*

How do/will I handle disappointment and setback?

Were there any benefits that contributed to my growth?

For a next time, how would I behave differently?

## *On the journey.*

If someone asks me what I learned from this experience, what would I behave differently?

What was my goal before and how did this experience alter my goal?

How do I treat myself if I reflected on failure?

## *On the journey.*

How can I build up and grow  
from this knowledge?

What do I now need to do  
to pass this phase smoothly?

How far am I to move on with this and get  
motivated? Relate with the lines varying  
from short to long?

**A**

**B**

**C**

**D**

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