

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



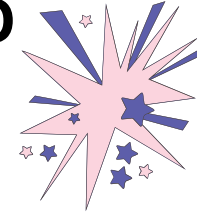
B



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
