

How to be Glad

*An exercise to change your perspective
on mishaps and mistakes*

- G** What **good** can you see? What can you be **grateful** for? **Guess** what benefit it might bring
- L** What can you **learn** from this situation? What can you **laugh** about? Is there anything **lucky**?
- A** What **action** would make the situation better? **Ask** what now? **Ask** for help if needed.
- D** **Decide** not to let this ruin your day. **Distract** yourself. **Distance** yourself.

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