

Week Three: Reframe the “Bad Baddies”

Your assignment, if you choose to accept it, is to witness and record your “bad baddie” moments in your week, uncover your emotional response, and reframe the situation. Be honest with your emotional responses to each situation, and make sure you take the time to untangle the event from your emotions.

Finally, reframe the situation. If this is difficult, refer back to the blogpost for some examples, or ask yourself the questions:

What could I learn from this situation?

What part of this situation could I show gratitude towards?

End your day in your personal development space. For two to three minutes, focus on your breathing, and remind yourself: *“There is no good. There is no bad. There just is.”*

“Bad Baddie” Situation	My Emotional Response	Reframe the Situation

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