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**Standards Solution Holding**

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## Reframing Challenges Reflection

After reading the article, “You’re Not Powerless in the Face of Uncertainty,” reflect on which of the 5 frames most resembles your approach. List specific examples of what has worked for you when faced with challenges. Add some additional steps you could take using these frames.

<b>Learning</b> <i>What can I learn from this challenge?</i>	
<b>Game</b> <i>Frustration is all part of the game. I may lose today but win tomorrow.</i>	
<b>Gratitude</b> <i>Recognize all that you already have.</i>	
<b>Randomness</b> <i>A lot of life is random; I don't have control over everything.</i>	
<b>Hero</b> <i>See yourself as being on the hero's journey, with obstacles being a critical part of this journey.</i>	