



Relentless Optimism™

Mindset Reset Worksheet

5 Questions to Reframe Your Thinking When Life Feels Heavy

Instructions:

Even the strongest people get stuck sometimes. When your thoughts spiral or your momentum fades, take five quiet minutes to ask yourself the questions below. The goal isn't to deny what's hard – it's to reconnect to what's still possible.

Reframing Prompts:

1. What story am I telling myself about this situation?
(Is it true? Is it helpful?)
2. What part of this challenge might be happening for me, not to me?

3. What would I say to someone I love if they were facing this exact thing?

4. Where do I still have power, even if I feel powerless?

5. What's one small step I can take today to move forward with courage?

"Relentless optimism: not blind positivity, but the kind of optimism that keeps you moving even when the road is steep."

- Rya Hazelwood