



Relentless Optimism™ for Teams: A Mindset Shift Exercise

Reframing Together: A Quick Reflection Tool for Team Conversations



Instructions:

Use this worksheet as a team exercise during meetings, offsites, or challenging transitions. Reflect individually first, then discuss together. This is about real talk and shared strength – not perfection.

Team Prompts:

1. What's something that feels heavy, frustrating, or uncertain right now?
(Everyone writes silently. One brave person shares first.)

2. What's one small thing that's working – even if it's messy?

(Shift from lack to leverage.)

3. How might this challenge be an opportunity for growth?

(Stretch without sugarcoating.)

4. What do we want to be true about how we show up for each other next?

(Define it. Own it together.)

5. Team Mantras. Start here and add your own.

In this team, optimism isn't blind – it's bold. We name the hard and move forward anyway.

"Optimism isn't about pretending it's easy. It's about believing we can handle hard things – together."

- Rya Hazelwood