



Relentless Optimism™ Companion Guide: From Breakdown to Breakthrough

A Reflective Tool for Turning Adversity into Momentum

When You Feel Knocked Down:

Use this quick journaling practice to turn moments of self-doubt or overwhelm into fuel for your next breakthrough. Write freely, reflect gently and keep going.

Reflective Prompts:

1. What just happened?

(Describe it without judgment.)

2. How did it make me feel—physically, emotionally, mentally?

(Give yourself permission to name it.)

3. What's a belief or fear this moment is triggering?

(Old stories often surface when we're stretched.)

4. What do I know now that I didn't know before?

(Growth lives in the learning.)

5. What would relentless optimism look like in this moment?

(Be honest. Then be brave.)

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

- Rya Hazelwood