

# RE-FRAME PRACTICE

NAME:

DATE:

The ability to re-frame obstacles as opportunities is a key self-talk skill you can use to develop your mental toughness and manage adversity.

Fill in the blanks to start flexing your re-framing muscles.

## Re-Frame Practice

Challenging Situation	Bridge	Positive Re-Frame
Dancing feels so difficult today,	BUT	
	BUT	this is a chance to prove I can do it, even when I am not a my physical best.
I am so nervous,	BUT	
	BUT	I'm going to learn something from this experience.
This stamina exercise feels impossible,	BUT	
	BUT	this is an opportunity to practice maintaining my focus in adverse conditions.
I am worried I will slip,	BUT	
	BUT	I get to push my boundaries, and I know I will be proud of myself for it.