

## Times of Triumph

The energy, excitement, and engagement we feel in our “gold star” moments in life is very powerful. Reflecting on these achievements can build our confidence and provide a reservoir for future accomplishments. Think about three times when things went exceptionally well for you—at any point in your life. What happened? How did you feel? What did you do next?

Event - what happened?	Emotions - how did you feel?	Effects - what did you do next?
Scored the winning goal in the final game of a hockey championship	Confident, proud, energized, exhilarated, and extremely happy	Planned my off-season training to make the team the following year
<b>1</b>		
<b>2</b>		
<b>3</b>		

## Times of Turmoil

During nerve-racking moments, the biggest danger is how the circumstances can drain our confidence. Our decision-making becomes paralyzed. We don’t know what to do because every potential action has uncertain risks. Think about three uncomfortable challenges in your life—recent or far in your past. What happened? How did you feel? What did you do next?

Event - what happened?	Emotions - how did you feel?	Effects - what did you do next?
Lost my job due to a corporate down-sizing	Angry, embarrassed, worried, lost, and sad	Licked my wounds for a while, then started looking for a new job
<b>1</b>		
<b>2</b>		
<b>3</b>		