What If It's Not a Setback—But a Setup

Reframing Disappointment as Direction

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the practice of instilling hope

Day 1 – What Were You Really After?

When things don't go as planned, it's easy to fixate on the failure. But what was the goal beneath the goal?

Journaling Prompts:

- What did you hope achieving this would give you—emotionally, mentally, or physically?
- Was it something you truly wanted, or something you thought you should want?
- Could there be another way to get what you were really after?

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Day 2 – What Did This Setback Save You From?

Disappointment often disguises protection. What didn't happen might be just as important as what did.

Journaling Prompts:

- In hindsight, were there any red flags or misalignments with this path?
- What future challenges may you have avoided by being redirected?
- How might this closed door be pointing you to a better one?

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Day 3 – Where Did You Feel Pulled to Quit?

When things get hard, it's tempting to stop. But sometimes, it's not about giving up—it's about adjusting.

Journaling Prompts:

- Was your instinct to give up, give in, or go all-in?
- How do you usually respond to resistance—push through or pull back?
- Is there a more aligned version of this goal that still honors your values?

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Day 4 – Can You Trust the Detour?

The winding road often leads to the best views, but only if you're willing to keep walking.

Journaling Prompts:

- Where have past detours actually led you to something better?
- What lessons are already emerging from this current experience?
- How can you stay open and curious instead of closed and defeated?

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Day 5 – What's Worth Rebuilding?

Not all plans are bad—some just need better blueprints.

Journaling Prompts:

- Is there a piece of your original plan worth salvaging or reshaping?
- What new insight can you bring to a refreshed approach?
- If you started again today, what would you do differently?

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REFLECTION

Some of our greatest transformations begin when things don't go our way.

- What has this journaling experience revealed about how you handle setbacks?
- Where have you noticed growth in your thinking or self-compassion?
- What mindset shift will you take with you into your next challenge?