

Managing Change

Creative Responses to Difficult Times

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Different situations/times appear in our lives and sometimes they can be difficult. An important part of personal development is to view the situation from different perspectives and learn how to manage change. When you become self-aware of how your thoughts, beliefs and attitudes affect your life you can then choose to expand your mindset to including new possibilities and creative responses. In order to manage change and cope well with difficult situations/times you need to build up a variety of Personal Development (PD) strategies, tools and techniques to manage them well. Answer the following questions to help expand your mindset and gain a different perspective.

Write down something that has been recently challenging for you:

Were you able to create a win/win solution for yourself and everyone involved?

If you couldn't, what were the difficulties/challenges?

If you did create a win/win situation, how did you get there?

What did you do to be successful in this situation?

What creative responses to challenges do you have in your personal 'toolbox'? Everyone has their own techniques for dealing with challenges. For example, you might have an effective response to deal with a headache. Or you might have a strategy for reducing stress while stuck in a traffic jam. List the different strategies you have used before.

How do these creative responses help you deal with challenging times?

What else could you do to handle stressful or difficult times?

How else could you handle them? Can you think of other strategies you've seen other people use – that may be helpful for you? What personal development tools can you add to your PD Toolbox for handling difficult times?

How would a successful entrepreneur handle this or other difficult times? People you admire or are seemingly successful have strategies in their toolbox to deal with challenges. Have you seen someone fly through changes with ease? Or handle a difficult situation efficiently and effectively? Brainstorm different creative responses to difficult times and list them here.

How would your best friend or family member handle this? What would they do differently than you?

What could you do in this situation if it happened again?

What could you change in your behaviour to create a positive outcome?

How could you think differently about situations to make you more resilient?

What resources or knowledge do you need to add these new creative responses to your PD toolbox?