



LESSON TWO:  
REFRAMING YOUR OBSTACLES

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# TURNING CHALLENGES INTO OPPORTUNITIES WORKSHEET

The act of gratitude is appreciating the value of something - it's finding the value in anything, whether that's a situation, life circumstance, a person, a thing, etc. When you appreciate the value of something, you view it through the lens of welcoming it as part of your life.

And when you welcome a new opportunity as a part of your life, you make room and space for what's coming next.

To have gratitude for this part of your journey is just as important as moving forward into the next chapter of your life.

In this exercise, use the grid below to write out something that is currently a challenge or an obstacle you're facing. In the next column labeled "My Opportunity," reframe this challenge into an opportunity. In the third column, write one sentence describing why you're grateful for this challenge.

Keep this grid handy to remind yourself daily or weekly of why you're grateful for the challenges you're currently facing. Remember, this is going to help rewire your brain to view obstacles as opportunities.

***"The act of gratitude is appreciating the value of something - it's finding the value in anything...when you appreciate the value of something, you view it through the lens of welcoming it as part of your life."***

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# TURNING CHALLENGES INTO OPPORTUNITIES

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| MY CHALLENGE | MY OPPORTUNITY | MY GRATITUDE |
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