



Helping Women Thrive Through Change

NO BAD DAYS — JUST INFORMATION

A kinder way to learn from a difficult day

A difficult day does not have to become a story about failure. You can use it as information.

WHAT WENT WELL?

Even if it was tiny, what went well?

WHAT DIDN'T GO AS I WOULD HAVE LIKED?

What was difficult or didn't work for me?

WHAT MIGHT HAVE INFLUENCED IT?

What was happening with my mood, routine, work, home life, movement, food or other circumstances?

WHAT WOULD I DO DIFFERENTLY?

If a similar situation happened again, what might I try?

ONE THING I CAN TAKE FORWARD

What have I learned from this?