

HOPEFUL...GRATEFUL...LEARNING...

**BE HONEST. BE TRUTHFUL. BE PRAGMATIC
IF POSSIBLE...BE OPTIMISTIC (AVOID PESSIMISM)**

Hopeful

- "I am hopeful for..."
 - Describe WHAT is/may/could bring you ANY hope

Grateful

- "I am grateful for..."
 - Describe WHAT is/may/could bring you ANY gratitude

Learning

- "I am learning..."
 - Describe WHAT you are/may/could learning through your experiences

Key Information and Recommendations

- The objective is NOT to problem solve OR find a solution
- It is about being solution-ORIENTED
- Remember The Six Basics
- Remember Reframe and Rebound