

# DEALING WITH DISAPPOINTMENT

**RECOGNIZE**  
WHAT SET OF CONDITIONS  
MUST EXIST FOR ME TO  
FEEL HAPPY OR  
SUCCESSFUL?

1.

WOULD I REQUIRE  
IT OF SOMEONE ELSE?

NO

YES

2.

REDEFINE  
THE CONDITION

NO

IS IT WITHIN  
MY CONTROL?

3.

YES

4.

RECOMMIT

NO

HAVE I MADE  
PROGRESS ON IT?

YES

5.

REGROUP

PLAN

ACT

REWARD



YOURSELF

WHY WILL THESE  
CONDITIONS MAKE ME FEEL  
HAPPY OR SUCCESSFUL?

