WHAT DOOR OPENED?
An exercise in optimism

Hope and optimism are positive emotions about the future. Increasing these emotions often decreases distress and increases overall wellbeing. Optimists are much less likely to become distressed when they face setbacks and they recover faster than pessimists. One way to learn to be more optimistic is to realize that in your own life, every time a door closes, another door opens.

Instructions:
Think of a time when something in your life went wrong or didn't turn out as you expected. Write about the experience, doing your best to detail 1) the lessons you learned and 2) the 'doors' that opened (aka, the good things that came about) as a result of the adversity.

Adapted from: www.happier.com
www.winona.edu/resilience
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realize. choose. grow
RESILIENCE