

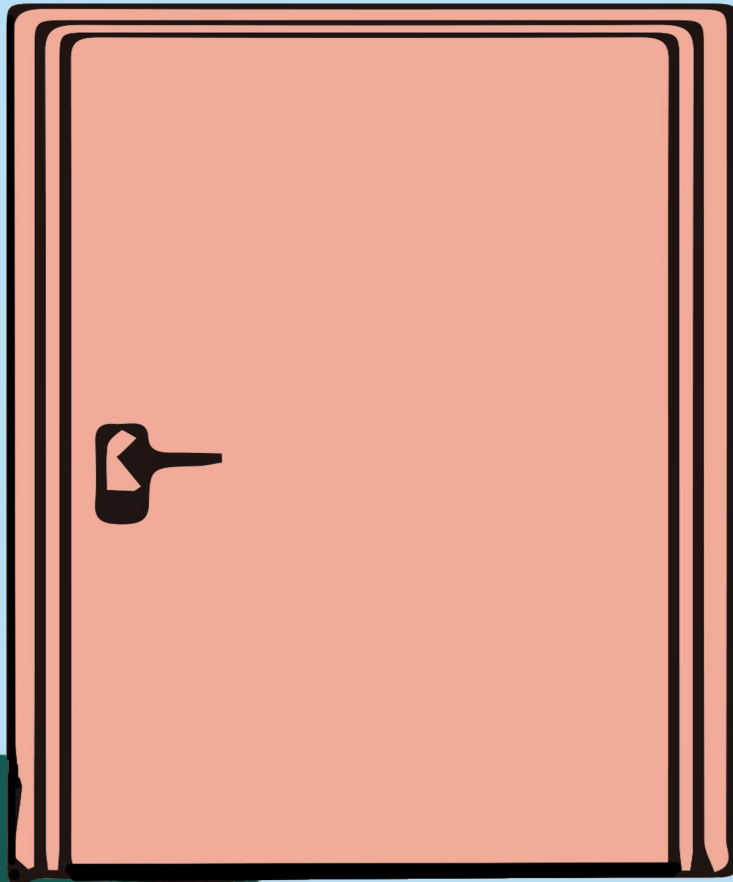
# SHIFT YOUR MINDSET

**Do this exercise to start letting go of the experiences bothering you in the past and focus your attention on the things you can control. The end of something might not be negative at all, since it can open new doors to something positive again.**

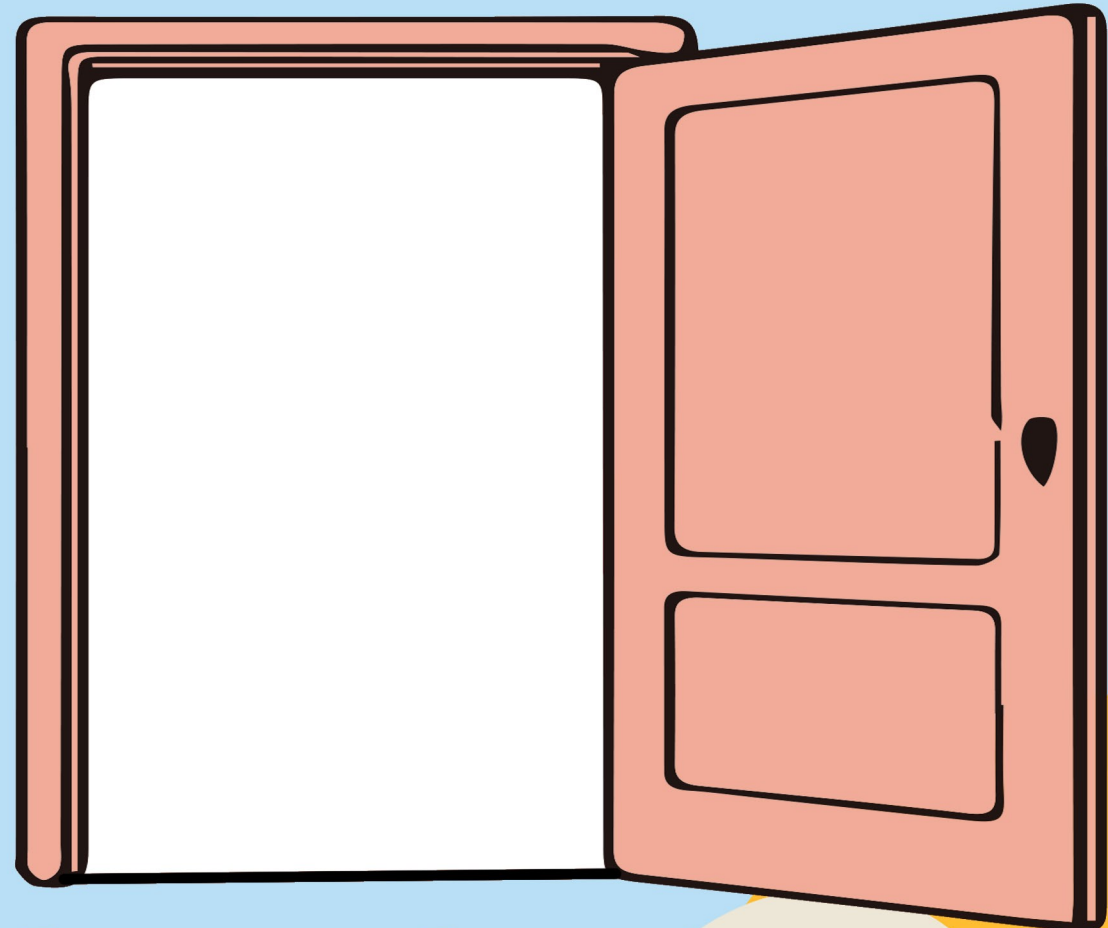
## WHAT TO DO:

Take some time to reflect and think about a time in your life when someone caused you pain, or when things didn't go well according to your plan. These are some of the moments in your life when a door closed. Now, think about what happened after. Write down your experiences in the spaces below.

1. The door that closed on me was...



2. The new door that opened for me was...



**3. Now, reflect upon your experiences and respond to the following questions:**

What led to the door closing? What helped you open the new door?

Was it easy or hard for you to realize that a new door was open?

What prevented you from seeing the new open door?

What can you do next time to recognize the new opportunity sooner?

What did you learn from the door closing?

Is there more room for growth from these types of experiences?

#### 4. Now, reflect and ask yourself:

Who are the people that have helped you open the new door?

What did they do to help you?

What could you do to help others?

To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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