



# Worksheet 1:

## Turning Complaints Into Strength

### SAMPLE

#### Purpose:

To help you practise spotting when you're complaining versus adapting – and learn how to turn small frustrations into chances to grow stronger. This worksheet builds resilience, gratitude, and problem-solving skills.

#### Instructions:

- Below are everyday situations where things might not go as planned. For each one, write:
  - What your first reaction might be (complaining).
  - What your adapted reaction could be (positive action or mindset).
  - What you could learn from it.
- Think carefully – this isn't about being perfect. It's about noticing how quickly you can shift your mindset from frustration to growth.