



Cheat Sheet Are You Prepared to Face a Career Setback?



Recognize Setbacks

- Job loss, rejection, stalled promotion, failed projects.
 - Understand it's a natural part of every career journey.
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Mindset Shifts

- See challenges as opportunities to grow.
 - Reframe failure → feedback.
 - Build a **growth mindset** for resilience.
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✂ Practical Steps

- ✓ Reflect on what went wrong & what you control.
 - ✓ Set small, achievable goals to rebuild momentum.
 - ✓ Strengthen your network—mentors, peers, allies.
 - ✓ Keep learning to stay adaptable.
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Turn Setbacks Into Growth

- New skills often come from difficult times.
 - Resilience today = breakthroughs tomorrow.
 - Career setbacks can set the stage for long-term success.
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Remember

- 👉 Setbacks don't define you—your **response** does.
 - 👉 Stay hopeful, stay adaptable, and keep moving forward.
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Pro Tip: Write down **3 lessons** from your last challenge—you'll see growth more clearly.