



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.



Mindset Shifts

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



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.



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.



Remember

- Setbacks don't define you—your **response** does.
- Stay hopeful, stay adaptable, and keep moving forward.



Pro Tip: Write down **3 lessons** from your last challenge—you'll see growth more clearly.