



Worksheet: Embracing Struggle

The Treasure Hunt Mindset: Reflect on your life experiences. What stories feel like buried treasure—meaningful but perhaps difficult to access or articulate? What makes these stories feel both important and challenging?

[illegible]



Befriending Your Struggles: Think of a time when you struggled with something and eventually found a breakthrough or growth. What "golden nuggets" emerged from that difficult experience? How might this story reveal something valuable about who you are?

[illegible]



Recognizing the Signs: When you're working on a story and hit frustration or want to give up, what does that struggle feel like for you? How can you reframe these moments as signs that you're close to something meaningful?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

