

Reframe Cards

Shift viewpoint to reduce threat, grow options, and take the next step.

1 • Challenge → Skill-build

Instead of: This is impossible.

Try: This is a chance to build a new skill with support.

2 • Threat → Information

Instead of: I'm under attack.

Try: This is feedback; I'll pick what's useful and leave the rest.

3 • Setback → Data

Instead of: I've blown it.

Try: I've gathered data; next time I'll adjust earlier.

4 • All-or-nothing → Spectrum

Instead of: It's either perfect or pointless.

Try: There's a useful middle where progress lives.

5 • Should → Preference

Instead of: I should be stronger.

Try: I'd prefer to be stronger; I can train a little today.

6 • Catastrophe → Plan

Instead of: If it goes wrong, it's over.

Try: If X happens, I'll do Y—then review.

7 • Comparison → Compass

Instead of: Others are ahead.

Try: My direction matters more than their speed.

8 • Failure → Iteration

Instead of: Failure proves I'm not capable.

Try: Iteration is how capability is built.