

Printable Reframe Cards

Time pressure: "There isn't enough time" → "There's time for the first slice."

Setback: "I've blown it" → "I'm one decision from back on track."

Feedback: "They hate it" → "There's a clue to improve."

Low energy: "I can't do anything" → "I can do the smallest part."

Carer strain: "I should do more" → "Enough is compassionate."

Health wobble: "Back to zero" → "Paths fade; paths regrow."