



Embracing the Good in Challenges

worksheet

by Kalika Yap

k

www.kalika.com



Before you jump into action, try sitting with these questions. Let this be a quiet check-in—not a test.

You don't need all the answers, just your own honesty.

**Take a deep
breath and begin...**



@kalikayap | kalika.com

1. What challenge are you currently facing?

Choose the one that's most present—big or small.

.....

.....

.....

2. What emotions are showing up for you?

Anxiety, frustration, fatigue, maybe even hope? Write freely.

.....

.....

.....

3. What might this challenge be here to teach you?

Is it about slowing down? Asking for help? Honoring a truth you've been avoiding?

.....

.....

.....

4. Is there anything unexpectedly positive coming from it?

Maybe a shift in priorities, stronger relationships, or better boundaries?

5. What's one small action you can take now?

No need to leap. Just a step.

6. Who else might be encouraged by what you've learned?

Your story has value. Who could benefit from hearing it?



“

**Failure will
never overtake
me if my
determination
to succeed is
strong enough.**

— OG MANDINO

