

Responding to situation

Write down the first thought if you were faced with following situation and what the best way to deal with it?

Eg.

You are being pick to speak in a big audience unprepared

My first thought: Holy cow! I am not ready!!!

What would I do? Chicken out or take a deep breathe and speak up

Which would I choose? Take a deep breathe and give it the best

1. You have been asked to do something you don't like by a friend

My first thought:

What would I do?

Which would I choose?

2. You receive a call from police

My first thought:

What would I do?

Which would I choose?

3. You being mock

My first thought:

What would I do?

Which would I choose?

4. Your best friend not been contact you for past one week

My first thought:

What would I do?

Which would I choose?

5. Doctor said you left 3 months to live

My first thought:

What would I do?

Which would I choose?

6. You were rejected/fired from your dream job

My first thought:

What would I do?

Which would I choose?

Responding to situation

7. You are being "island" in a social meeting

My first thought:

What would I do?

Which would I choose?

8. Someone you trust back stab behind you

My first thought:

What would I do?

Which would I choose?

9. Your friend "unfriend" you in social media

My first thought:

What would I do?

Which would I choose?

10. You feel "uneasy" about something

My first thought:

What would I do?

Which would I choose?

11. You are not invited for a friend wedding while your other friends are all invited

My first thought:

What would I do?

Which would I choose?

12. You missed your flight

My first thought:

What would I do?

Which would I choose?

13. Any other situation you may want to add: _____

My first thought:

What would I do?

Which would I choose?