A Fresh Perspective

Identify a specific task in your life with which you have difficulty. The difficulty could be academic, a problem at work, or a challenge in your relationships. Then, look back at The Talent Connection Activity. Paying attention to what you said each of your themes allows you to do, think about how you could use your themes of talents to approach that difficulty in a different, more productive way. Identify three themes and specific ways in which you could use those themes to deal with this situation.

Activity 2.6: A Fresh Perspective (Reframing)