



Rebuilding After a Setback

A guide to help you move through career challenges with intention and clarity.

Before you can move forward, name what you're moving from — with honesty and self-compassion.

What happened? Examples: layoff, mistake, performance issue, being passed over, etc.

What emotions are coming up when you think about it? Be honest. This isn't about judgment — it's about awareness.

What part of this situation do I need to forgive — in myself or others — to begin moving forward? Forgiveness doesn't mean approval. It means release.

Reflect & Reframe

Let's mine the lessons and shift the story you tell yourself.

What did this experience teach me about myself?

What feedback (direct or indirect) have I received that I can use as fuel for growth?

If I told this story from a place of resilience, how would I tell it?

Really challenge yourself here, try writing 2-3 sentences.

Clarify What's Next

You're not starting from scratch — you're starting from experience.

What skills or strengths do I want to lean into right now?

Choose or add 3-5 words that describe the version of you you're growing into.

☐ Communicator	☐
☐ Difficult Conversations	☐
☐ Problem Solver	☐
☐ Adaptive	☐
☐ Strategic	☐
☐ Relationship Builder	☐
☐ Emotional Regulation	☐

What one skill or area do I want to grow in next? And how might I get started? Think of 2-3 concrete steps you can take in the next 30-60 days.

Show Up With Intention

Your story matters. No singular setback gets to define you.

Draft a sentence or two you’d use to explain your current transition. Try to keep it future-focused and rooted in growth.

Example: “After a recent layoff, I’ve taken time to reflect, skill up, and now I’m focused on finding a role where I can contribute in meaningful ways.”

Who can I reach out to this week to reconnect, ask for support, or offer value? List 3 names. Keep it simple and genuine.



Let’s stay in touch

-  www.instagram.com/carm_trepreneur/
-  carmen@carmen-bolívar.com
-  www.carmen-bolívar.com
-  www.linkedin.com/in/carmenebolívar