

A solid blue triangle pointing downwards from the top-left corner of the slide, covering the right half of the image.

Setback Canvas

Setback Canvas – Situation: Being diagnosed with a disease

1 Observation	2 Understanding	3 Moving on	4 Reflection
<p>I observe <i>What changes in your behaviour are you seeing?</i></p> <p>I am getting angry going from doctor to doctor</p>	<p>Why do you feel like this?</p> <p>I had so many plans, just wanted to start with own business and now this disease comes into my way. I cannot control it</p>	<p>What are you thankful for in this current situation?</p> <p>My partner, having done a lot of Sport, my supportive colleagues and that I can still use my brain</p>	<p>I embraced this more:</p>
<p>I feel <i>What do you feel in the situation?</i></p> <p>Frustrated and scared. I feel stuck</p>	<p>What triggers you? Why does it trigger you?</p> <p>People telling me to live more healthy rather than giving me tips, because this does not help</p> <p>Being referred from one doctor to another, because I am not in control</p>	<p>How can you be more mindful?</p> <p>Going for a longer walk</p> <p>Taking the time to enjoy music more</p> <p>Taking time with friends</p>	<p>I enjoyed this more:</p>
<p>I do <i>Are you acting differently?</i></p> <p>Think about it all the time, google it the whole time</p>	<p>Was I in a similar situation before? What did you learn?</p> <p>When I was fifteen I broke my leg and could not live out my summer.</p> <p>I learned a bit of design and read a lot</p>	<p>Where can I be self efficient? Where can you access control?</p> <p>In my work becoming more educated, reading design books or learning new skills</p> <p>On my general fitness, establishing a health routine. My nutrition</p>	<p>I developed more:</p>

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I feel <i>What do you feel in the situation?</i>	What triggers you? Why does it trigger you?	How can you be more mindful?	I enjoyed this more:
I do <i>Are you acting differently?</i>	Was I in a similar situation before? What did you learn?	Where can I be self efficient? Where can you access control?	I developed more: