

Gritty Grit Grit Reflection Prompts: Reframing Adversity with Purpose

For anyone needing tangible help reframing adversity, these guided questions are designed to help you pause, process, and move forward with clarity and grit.

Name: _____

Date: _____

Current Challenge (1–2 words):

Before You Begin – Pg 1

Adversity is not a sign that you've failed. It's often the exact place where growth, courage, and dependence on God deepen. These prompts are meant to be honest, practical, and hopeful—not fluffy or cliché. Take your time. Be specific. Tell the truth on paper.

You can use these pages:

- When you hit a wall with your goals
- After a hard conversation, setback, or disappointment
- At the end of a tough week or season

Take a deep breath. You are not alone in this.

Name the Adversity – Pg 2

Section 1 – What Happened?

1.1 Describe the Adversity

What happened? Describe the situation as clearly and simply as you can.

1.2 What Are You Feeling?

List the emotions you're aware of (even if they seem "wrong" or messy).

1.3 What Story Are You Telling Yourself?

What is the quiet story in your head about this situation? (Examples: "I'm not enough," "This always happens to me," "Nothing ever works out.")

Slow the Spiral – Pg 3

Section 2 – Grounding Questions

2.1 What Is True Right Now?

What facts do you know for sure (without assumptions or mind-reading)?

2.2 What Is *Not True*?

Which thoughts or assumptions might be exaggerations, fears, or all-or-nothing thinking?

2.3 What Parts of This Are Outside Your Control?

List the things you cannot change in this situation.

2.4 What Parts of This Are Within Your Control?

List the things you *can* influence: your choices, responses, habits, boundaries, and next steps.

Reframing the Adversity – Pg 4

Section 3 – Looking Through a Different Lens

3.1 What Might This Be Teaching You?

If this challenge were here to teach you something, what might it be?

3.2 How Could This Shape Your Character?

How might this adversity grow your patience, courage, humility, discipline, or compassion?

3.3 Where Have You Survived Hard Things Before?

Recall other times you faced something difficult and made it through. What did you learn then that could help you now?

Align With Your Goals – Pg 5

Section 4 – Connect Adversity to Your Goal

4.1 Which Goal Is Being Impacted?

Write the goal (or area of life) that this adversity is bumping into (work, family, health, faith, finances, etc.).

4.2 How Is This Challenge Interfering with Your Progress?

Be specific about how it affects your focus, energy, routines, or confidence.

4.3 What Adjustment Can You Make to Your Plan (Not Your Worth)?

What small, practical adjustment can you make to your goal, timeline, or weekly actions so you can keep moving without quitting?

4.4 One Gritty, Doable Step You Can Take in the Next 24–48 Hours

Name one next step that is simple, concrete, and within your control.

Faith, Hope, and Perspective – Pg 6

Section 5 – Bringing the Issue to God

5.1 Honest Prayer

If you could say one unfiltered sentence to God about this situation, what would it be?

5.2 Where Do You Need God's Help Most?

Strength, wisdom, comfort, courage, self-control, forgiveness, hope—name it.

5.3 A Truth to Hold Onto

Write a truth, Scripture, or phrase you want to hold onto when the situation feels heavy. (Examples: “I am not alone,” “This does not define my future,” “God is working in what I can’t see.”)

Rewriting the Story – Pg 7

Section 6 – A New Frame

6.1 Old Story (One Sentence)

What is the old story you've been telling yourself about this adversity?

“ _____ ”

6.2 New Story (One to Two Sentences)

Rewrite it in a way that is honest but hopeful, naming both the hard and the opportunity to grow.

“ _____ ”

6.3 Who Do You Want to Be in This?

Describe the kind of person you want to be *inside* this adversity (not after it's over).

Moving Forward – Pg 8

Section 7 – Tiny Acts of Courage

7.1 Three Small Things You Can Do This Week

7.2 One Way You Will Show Yourself Compassion

How will you speak to yourself, care for your body, or simplify your expectations this week?

7.3 Who Can Support You?

List one or two people you can reach out to for support, prayer, or accountability.

Closing Reflection – Pg 9

Section 8 – What This Adversity Cannot Take

Fill in the blanks:

- This adversity cannot take away my _____.
- It cannot erase _____.
- It cannot stop me from choosing _____.

Final thought:

One sentence of hope you want to carry with you from this reflection: