

# Companion document for the Rebuilding for Success Workshop

The exercises below are explained in detail within the workshop recording. Review the recording before engaging in these.

## Acknowledging the narrative you've created about retaking the ABS exam

Write your response to these prompts to unpack the current narrative.

- The story I'm telling myself is...
- My emotions...
- My thinking...
- My body...
- My beliefs...
- My actions...

## Rewriting your narrative – take your power back

Write out your honest response to these questions. Try to separate out the facts from your assumptions and feelings.

- What are the facts of the situation?
- What are my assumptions?
- What am I really feeling?
- What part did I play?

## Reflecting on your previous study approach

Write out your response to these questions to help identify possible areas for change.

- How did you study last time?
- How often did you study?
- What did you do to prioritize your study time?

## Creating a new study approach

Set aside 15-20 minutes to identify the following items and create an actionable plan for this current round of study.

- Study blocks (these shouldn't just be on the weekends)
- Accountability partner(s)
- How you will spend your time (revisit the 6 strategies for guidance here)
- How often you will check your progress
- How you will reset when you get off-track or stuck
- Any needed resources