

Bounce Back Blueprint: 5 Steps to Reclaim Your Confidence After a Setback

**Your guide to turning challenges into
opportunities and emerging stronger.**



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Welcome to the ***Bounce Back Blueprint: 5 Steps to Reclaim Your Confidence After a Setback***. I'm thrilled to have you here, and I want to share a bit of my journey with you—because we all face moments that challenge our confidence and shake our sense of self.

In 2013, after giving my life-blood to a cause I passionately believed in for over two years, I found myself in a difficult situation. It was “suggested” that I should resign for the sake of my family. I remember that day vividly, especially knowing a newspaper article was about to hit the front page, above the fold with a picture of me outlining my failures as a leader. It felt like my entire world was crumbling around me.

I had poured everything into my work; I know I couldn't have tried harder. It wasn't just a job for me—it had become the core of my identity. So, when I had to walk away, it was far more than just losing a professional role. It was a deeply personal setback—one that left me feeling vulnerable and defeated.

We all have our own versions of setbacks. Your story may not include a headline or a loss of employment. Whether it's being held accountable for a project gone awry or missing out on a critical opportunity, these experiences can weigh heavily on us. If we let them, these moments can diminish our confidence and alter the way we see ourselves.

That's why I created this guide. In the ***Bounce Back Blueprint***, you'll discover five actionable steps designed to help you reclaim your confidence and rediscover the strength that lies within you. These steps are not just about bouncing back; they're about stepping forward with renewed purpose and resilience.

I'm here to assure you that every setback is an opportunity in disguise.

Welcome to your first step toward reclaiming the confidence that's rightfully yours.

A handwritten signature in dark blue ink that reads "Becca". The signature is written in a cursive, flowing style with a long horizontal line underneath the name.

How to Use the ***Bounce Back Blueprint***: ***5 Steps to Reclaim Your Confidence*** ***After a Setback as a guide.***

Getting back on your feet after a setback can feel daunting, but with the right roadmap, it's entirely possible. The ***Bounce Back Blueprint*** is designed to guide you through five impactful steps that will help you reclaim your confidence and emerge even stronger.

Here's how to make the most of this guide.

First things first, **set aside some quiet time for yourself**. I recommend spreading the five steps over five days. This isn't a race; it's a reflective journey. Each step is designed to encourage deep thought and meaningful insights. So, resist the urge to rush through these exercises. Give each activity the attention it deserves.

As you work through the steps, **consider keeping a journal**. You might be surprised to learn that individuals who journal are 50% more likely to achieve their goals.

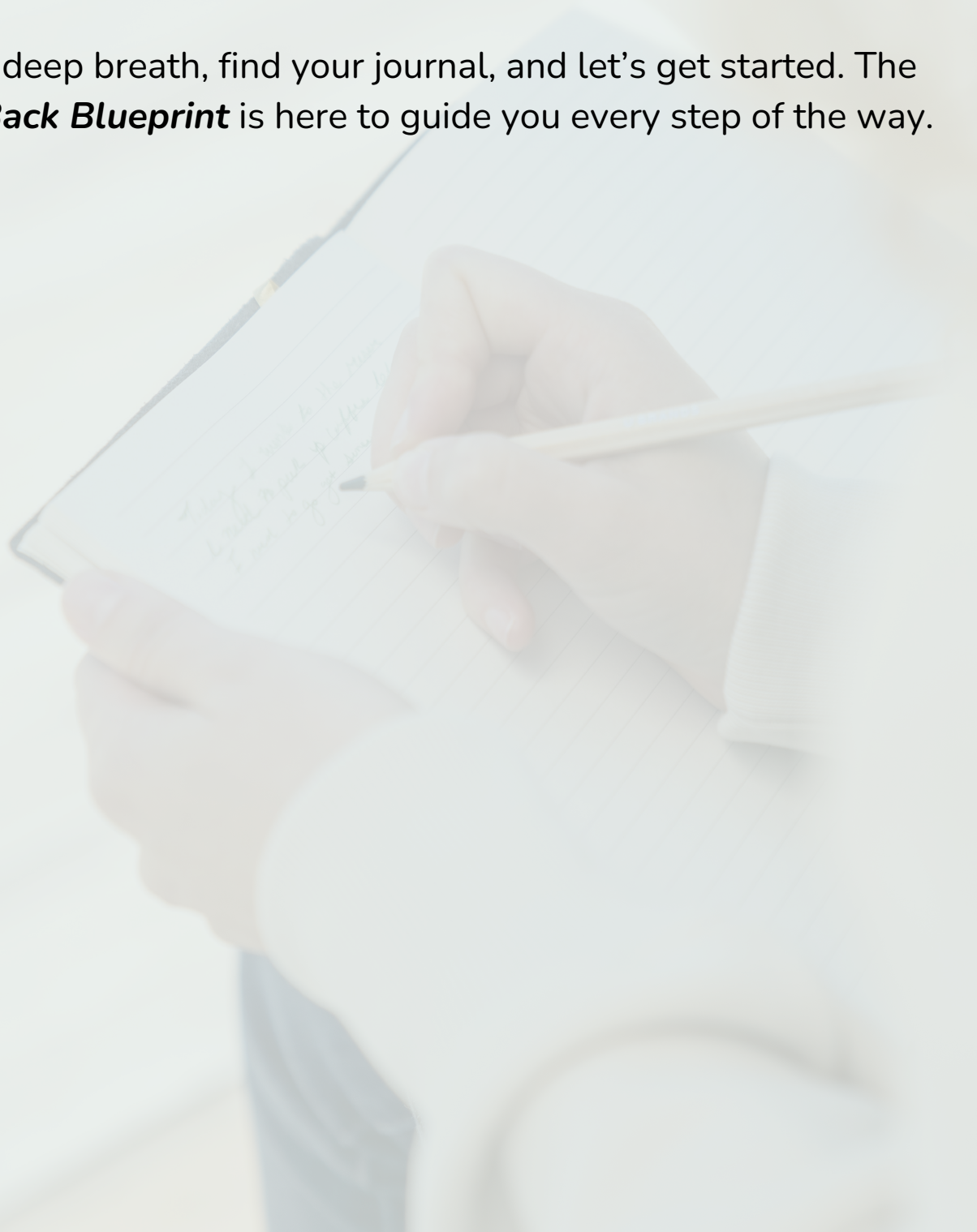
Why?

Because writing allows us to articulate our feelings and thoughts. When you capture your reflections on paper, you're not just organizing your thoughts; you're also giving a voice to them. This process can be incredibly powerful as you navigate the complexities of your feelings and experiences.

The the heart of this process lies in your belief in what you're writing down. The more you **commit to the exercises**, put in the **effort**, and give yourself the necessary time for **reflection**, you'll find yourself moving steadily toward a place of renewed confidence.

Remember, bouncing back is not just about overcoming a setback; it's about rediscovering your strength and resilience and coming out stronger.

So take a deep breath, find your journal, and let's get started. The **Bounce Back Blueprint** is here to guide you every step of the way.



Step 1: Breathe

You're here because you had some major blow to your ego. Whether it's a project that didn't meet your expectations or a tough decision that came out of left field, whatever hit you hurts.

But here's the thing—there's always a silver lining.

Maybe it's a sunny day that lifts your spirits. Perhaps the resilience of your colleagues reminds you why you value teamwork. Or, it could be the joy of your family, blissfully indifferent to your professional struggles, helping you keep perspective.

To truly step back and recalibrate, you need to breathe.

Breathing exercises help regulate your nervous system, improve both mental and physical well-being, and can even enhance your sleep. Right now, a breathing exercise will help you reconnect with the world around you. It will move your thinking from your amygdala to your frontal lobe and allow you to begin to see things differently.

Take a moment to reconnect with the world around you and uncover what's good, even in tough times.

Exercise: Guided Breathing with the 4-7-8 Method

This simple practice consists of **inhaling** for a count of four, **holding** that breath for a count of seven, and then **exhaling** for a count of eight.

Step 1: Breathe

How to do it:

1. Find a comfortable place to sit with your back straight.
2. Inhale quietly through your nose for a count of four.
3. Hold your breath for a count of seven.
4. Exhale forcefully through your mouth for a count of eight, making a “whoosh” sound. Be sure to push out all of the air in your body.

Repeat this sequence up to three times.

Now, sit for a moment and feel the difference in your body. You should feel more relaxed, maybe your shoulders have relaxed, or your stomach doesn't feel quite as knotted as it did five minutes ago. Your brain has also released some of the stress and you will now have space to think differently.

Think about incorporating the 4-7-8 method into your daily routine. Maybe first thing in the morning, or any time you need it throughout the day.

Now, let's shift gears and focus on what's good in your life right now.

Journal Prompts:

Write down five positive things in your life right now, no matter how small. Reflect on what makes them good.

Dig a little deeper. What is something in your life you've overlooked or taken for granted until now, different than the things above? Recognizing even the smallest things can spark gratitude and, ultimately, help you reclaim your confidence after a setback.

Begin to keep track of how often you see these things in your life moving forward, starting tomorrow. Look for them, see them, and recognize them.

Step 2: Know

One of the most crucial steps in bouncing back is realizing your own worth. NOT based on your professional accomplishments, but through the eyes of the people who truly love you. This brings us to Step 2: Know.

Know that others see you for you, not for your title. Know that others love you no matter what. Trust me, I know how hard it is to see things when you've tied your identity to the thing you've lost. But the truth is, those who love you don't actually care about that!

These are the individuals in your life who provide unwavering support. They're not concerned with a presentation that went south or a job that didn't work out. They love you for who you are at your core. These people are your tribe. You know who they are, and I'm going to bet you've negated their well-wishes. Not anymore.

Acknowledging and understanding that your tribe loves you for who you are and not because of your personal accomplishments is transformative. It allows you to adopt a perspective that celebrates your intrinsic value rather than focusing on your setbacks.

As part of this step, I invite you to engage in a reflective exercise that will help you reconnect with the loving relationships in your life. Find your journal and get ready to lay it all out in a clear and simple chart. This exercise will help you identify your support system and gain valuable insights into how these individuals perceive you.

Step 2: Know

Here's how to label your chart:

5 People Who Support Me	What I Like About Them	What They Love About Me

Fill in your chart by using the prompts below:

1. Make a list of five people who support you. These can be friends, family members, mentors, or anyone who you know has your back.
2. For each person, take a moment to describe what you like about them. Think about their qualities, how they make you feel, or the experiences you've shared together.
3. Next, reflect on what they love about you. This might be a little harder to pin down but think about the compliments you've received or the ways they've supported you through tough times.

You might be surprised to find that your perceptions of these individuals align in many ways. By identifying both what you appreciate about them and what they appreciate about you, you begin to uncover the real beauty of your connections. This understanding can reignite your sense of self-worth and remind you that you are cherished in the eyes of others, regardless of the setbacks you face.

As you complete this exercise, remember, the love and support you hold in your life can be a powerful foundation as you reclaim your confidence and resilience. Take a good look at what they see in you—and believe what they see, not what you see right now—because they see a world of potential and strength.

Step 3: Mourn

As business professionals, we often pride ourselves on resilience and the ability to bounce back after a setback. But let's pause for a moment. When your ego takes a hit there's a part of you that needs to grieve this loss. Whether you realize it or not, you had a future life built around what just got taken away from you. Allowing yourself to mourn those losses is the next crucial step in the healing process.

The goal here is to identify the things you're mourning in detail. For example, when I lost my job, I realized I was mourning the success of the program I was trying to fix. I had spent years building it and I wanted to be there when it was finally fixed and working! I also mourned the future that would come after that success. And, I was also mourning what I thought was a friendship. Getting very specific about what you're mourning is the key to this exercise

In your journal, answer these questions. We'll start general and then get more specific:

1. What would you say you are mourning right now?
2. What specific aspects have you feeling most upset? Write them all down, when you get into it, there will be many.
3. What emotions are tied to each thing you are mourning?

Start with:

"I'm upset because_____and I'm feeling __<INSERT EMOTIONS>__."
or the opposite:

"I'm feeling ____<INSERT EMOTIONS>__ because _____."

Here's an example: "I am most upset about the fact that I lost the sale of our biggest customer. I'm embarrassed that we couldn't meet their demands, and I feel like everyone the community will be talking about it."

Step 3: Mourn

Take this one step further to define what it is you're truly mourning.

- Are you mourning the revenue from that customer?
- Are you mourning your reputation you assume it is now tarnished?
- Are you mourning where this could have gotten you in your career?

Get specific. Again, if you dig deep enough, there will be multiple answers.

Once you realize exactly what you're mourning, you have the ability to begin to move on, to begin to define a new future for yourself.

If you're feeling angry, don't bottle it up.

Anger is a natural response, but holding onto it can have serious repercussions on your well-being. To release that energy, I encourage you to write a letter to the person you're most irritated with about this situation. Say everything you want to say, include everything that goes through your mind in your darkest moments.

Important note: this letter is for your eyes only, so be sure not to write it in an email where it can be accidentally sent.

Dear [Name]...

Begin writing as if you could let loose on this person.

Now breathe.

After you've poured out your emotions, revisit the 4-7-8 breathing exercise from Step 1 and let go. It's time to release that anger and channel your energy into a healthier, more productive space.

Step 4: Ask

There's a good chance you're feeling a bit like a victim, or at least like you're helpless and maybe this "happened" to you without your consent or involvement. But, what if I told you the next step to moving forward is looking in the mirror?

Understanding your role in this situation is essential if you want to move forward effectively. This step moves you out of blame, out of your amygdala acting in flight or flight, and into the frontal lobe so you can think rationally.

Consider this moment as an opportunity to peel back the layers of your experience. In this exercise, you are going to sit down and ask yourself some tough questions to help you identify where you may have inadvertently or even subconsciously created your scenario. This exercise will also help you recognize what NOT to do in the future!

Next, think about your role.

Here are a few questions to ask yourself:

1. What decisions did I make or actions did I take that contributed to the outcome?
Note: these may be conscious or unconscious. There are times you may feel you had no choice, but there is always a choice. Be honest with yourself.
2. How did each of these decisions/actions shape the outcome?
Answer this question for each action/decision.
3. What could I have done differently?
4. What would it have taken for me to act differently in that moment?
5. What will I do differently in the future if I'm given a similar situation?

Ultimately, this exercise is about empowering your next steps. By taking responsibility for your role, you put yourself in a position to learn, grow, and evolve.

Step 5: Focus

Let’s take a moment to redirect our attention toward the silver linings that often hide in the shadows of setbacks. It’s easy to get lost in the frustration, but if you pause and look closely, I promise you’ll uncover opportunities you hadn’t considered. This situation, whether you want to see it or not, has opened doors for you. So, let’s dig in to find them. The answers are unique to you, but I know they’re there waiting to be discovered.

This exercise is all about shifting your energy from feeling defeated to embracing what’s possible. It’s about reframing your current struggle as the first chapter of a brand-new journey.

Exercise:

Opportunities This Setback Has Revealed	An Action Step You Can Take

In your journal, divide your page into two columns and write down at least three opportunities that this setback has brought to light for you. Maybe you get to spend more time with your family or go back to school to start a new path. Don’t hold back—get creative and let your thoughts flow.

Next, for each opportunity on your list, think of one specific, actionable step you can take to pursue it. These steps, no matter how small, can ignite change and momentum in your life. You will get past this!

Fall Down Seven Times, Get Up Eight

You have been dealt a major blow, but that blow will not define you unless you let it. The steps you've taken for yourself in this workbook are your first steps to leaving this behind you and finding a new and better future.

Healing and personal growth are entirely possible, and you can reclaim your confidence if you choose to.

So, how do you continue to move forward if you're still in the thick of it?

Start by acknowledging your emotions. It's completely normal to feel disappointment, frustration, anger or embarrassment...you name it after a setback. Identifying and working through those emotions is essential to moving forward; allow yourself to feel all of them, then reflect and write about them in your journal. Describe what happened, but don't let it become the narrative that defines you. Don't get stuck on the 'what' of the situation. Focus on the emotions, what you're feeling and what you want to change moving forward.

Secondly, revisit this workbook when needed. When you feel yourself sliding back into disappointment, don't hesitate to return to these exercises - they're designed for just that purpose. You may even find that throughout your healing process your answers evolve.

Finally, if you're still struggling, don't struggle alone. Find someone who has been through something like this before, who can help you find the right steps for you to move forward with confidence, so you can leave this behind you once and for all. At Extend Coaching & Consulting, we are 100% dedicated to YOUR future. This is what we do. We specialize in guiding successful leaders, like you, through trying times so you can redesign the future you envisioned - happier and healthier after this ego blow.

If you know you could use help moving forward, I encourage you to schedule an introductory call with us. This could be the first step on your journey toward resilience and renewal.

About Becca Pearce, MBA

Certified Executive Coach

CEPA



I had been a strong-willed, no-nonsense kind of leader within the insurance market for the majority of my career. I spent several years at well-known insurance companies before being appointed to be the first CEO of Maryland's Health Benefit Exchange during the O'Malley administration in 2011. After that, I went on to work in a hospital system as a vice president. I understood my industry, I loved defining and implementing strategy, and I excelled at working with other leaders.

Then why the change, you ask? Two reasons.

First, the Exchange failed, and I lost my job quite publically. (Hence my clear understanding of recovering from an emgo blow.) Second, in 2015, I was diagnosed with a massive brain tumor.

Two major life events over the span of 1.5 years taught me humility, the value of vulnerability, the importance of optimism, how much impact you have on others when you don't even know it, and how important it is to see beyond work stresses because they can so easily creep from work into home life.

More importantly, I realized I not only didn't want to be in charge anymore, but I wanted to help people live happier lives. I now know life isn't about title, money or power, but it took two major blows to come to that truth for myself. My goal now is to help others realize their own truths, so they can live the life they've been dreaming about.

This is what Extend Coaching & Consulting is really about. We help successful business owners and executives design the future they want to be living and create a path to get there.

Ways to work with Becca

Extend Coaching & Consulting offers a variety of ways to work together including executive coaching, business coaching, strategic planning and team coaching.

My personal passion is helping people like you – through individual or group personal executive coaching.

Learn more here: www.extendcoach.com

Schedule a call: <https://calendly.com/extendcoach/30-minute-introductory-call>

**FALL DOWN 7 TIMES
GET UP 8**

