

Exercise – Winning Behavior

The actions you mention under the column "**Instant**" should be the one that you will do when immediately faced with the situation. Fill this entire column first. Then take your time to think what the best action would have been, and write that under the column "**Calm**".

| S.No. | Scenario | Instant | Calm |
|-------|---|---------|------|
| 1 | Your car breaks down in the middle of the road. | | |
| 2 | You hear your ex has started dating someone. | | |
| 3 | You get rejected in an interview due to lack of experience. | | |
| 4 | You recover from malaria, only to catch chicken pox. | | |
| 5 | Your performance is questioned due to the mistakes of your manager. | | |
| 6 | You were on an important call and the battery dies on you. | | |
| 7 | You get turned down by the person you asked out on a date. | | |
| 8 | You spend hours cooking a dish for a dinner party and it burns. | | |