



The Pivot Playbook: Finding Joy in Life's Detours

Featuring:
Tanya Rad

At Marshalls, we believe that women deserve the good stuff in life. But for so many reasons, the things they want can feel just out of reach. That's why we're creating programs to help provide women with the tools, resources, and communities they need to feel financially empowered, make meaningful connections, embrace their self-worth, and show up with confidence. All in service of helping women access the good stuff in life. Because we want to bridge the access gap between where they are now and where they know they're capable of going. Between their vision board and their reality.

In partnership with radio and podcast host, TV personality, and author Tanya Rad, we're bringing you tools for reframing setbacks and embracing life's twists. With your very own pivot playbook, you'll feel prepared to rise up from challenges and step confidently into new paths.

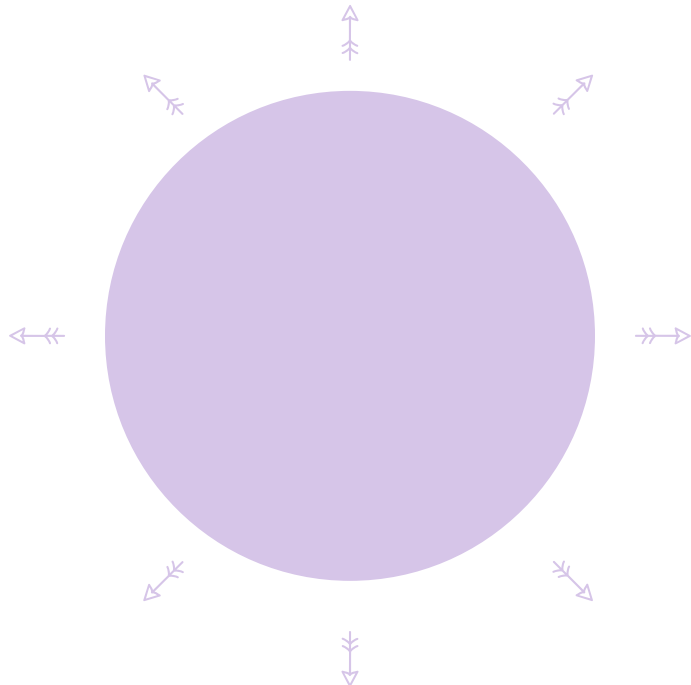
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Your Pivot Playbook

Part 1. Reframing Your Setbacks

Think of a recent setback you've faced and write it in the center of the page. Then, for each box that branches out from this setback, list a positive redirection—a joyful moment, lesson learned, or achievement that emerged from this challenge. By reframing our setbacks as stepping stones, we can uncover the unexpected growth, joy, and opportunities hidden within life's challenges!





Part 2. Building Your Pivot Playbook

Big changes start with small, intentional steps. In this exercise, you'll build your own Pivot Playbook—a simple, three-step guide to turning challenges into opportunities. For a current challenge or setback in your life, you'll identify one thing you can control, set a micro-goal for the next day or week, and choose an accountability cheerleader to keep you on track. These small shifts can create powerful momentum, leading to unexpected and life-changing opportunities.

First, identify a challenge or setback you are currently facing:



Then...

1. Identify one thing you can currently control about the situation:

Focus on an action, mindset, or habit that's within your power to change.



2. Set a micro-goal for the next day or week:

Choose a small, achievable step that moves you forward. Keep it specific and realistic.



3. Find an accountability cheerleader:

Choose someone who will support, encourage, and check in on your progress.

