

*Tales Of Everyday Joy*

# *Pain to Power*

WORKBOOK BY ROOPA VITTAL



THIS BOOK  
**BELONGS TO:**

---

---

---

# Introduction

Life isn't meant to be tidy, predictable, or under our control—no matter how much we wish it were. It's raw, messy, and full of surprises. But what if we stopped fighting the chaos and started working with it? What if, instead of resisting uncertainty, we learned to move with it?

This workbook isn't about ignoring pain—it's about seeing it differently. It's about finding meaning in the madness and turning even the hardest moments into strength.

You're already stronger than you realize. It's time to see it for yourself.

Let's begin.

# REFRAMING PAIN EXAMPLE

DATE:     /     /

| STORY OF YOUR PAIN   | WHAT EMOTION DOES IT RAISE ?  |
|--|---|
| <p><i>Write dwn your painful experience</i></p> <ul style="list-style-type: none"><li>○ LOST MY JOB</li><li>○ I AM UNWELL</li><li>○ LOST MY RELATIONSHIP</li></ul> | <p><i>How does it make you feel ?</i></p> <ul style="list-style-type: none"><li>○ FEAR, WORRIED, ANXIOUS, SHAME</li><li>○ GUILT, ANGER, RESENTFUL</li><li>○</li></ul> |

## REWRITE THE PAIN AS AN OPPORTUNITY TO GROW

Job Loss → A Door to New Possibilities

- Upskill: Finally take that course you've always wanted to. Invest in your growth.
- Financial Awareness: Review your spending patterns, cut the excess, and build smarter habits.
- Resourcefulness: Learn to thrift, ask for help when needed, and redefine your priorities.
- Expand Horizons: Network, tap into hidden skills, and explore paths you never considered before.

# REFRAMING PAIN

DATE:    /    /

STORY OF  
YOUR PAIN

*Write dwn your painful experience*

WHAT EMOTION DOES  
IT RAISE ?

*How does it make you feel ?*



REWRITE THE PAIN AS AN OPPORTUNITY TO GROW



# REFRAMING PAIN

DATE:    /    /

STORY OF  
YOUR PAIN

*Write dwn your painful experience*

WHAT EMOTION DOES  
IT RAISE ?

*How does it make you feel ?*



REWRITE THE PAIN AS AN OPPORTUNITY TO GROW



# REFRAMING PAIN

DATE:    /    /

STORY OF  
YOUR PAIN

*Write dwn your painful experience*

WHAT EMOTION DOES  
IT RAISE ?

*How does it make you feel ?*



REWRITE THE PAIN AS AN OPPORTUNITY TO GROW

