



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 ?
<i>Write dwn your painful experience</i> ○ LOST MY JOB ○ I AM UNWELL ○ LOST MY RELATIONSHIP	<i>How does it make you feel ?</i> ○ FEAR, WORRIED, ANXIOUS, SHAME ○ GUILT, ANGER, RESENTFUL ○

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

[illegible]

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How does it make you feel ?



REWRITE THE PAIN AS AN OPPORTUNITY TO GROW

This image shows a full page of handwriting practice paper. It features 20 evenly spaced, horizontal dashed lines across the entire width of the page. The lines are light gray and provide a guide for letter height and placement. There are no margins, text, or other markings on the page.

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[illegible]