

# I CAN ACHIEVE MY DREAMS

*My dream is.....*

*1/Mini goal.....*

*Action plan.....*

*2/Mini goal.....*

*Action plan.....*

*3/Mini goal.....*

*Action plan.....*



# WHAT I SEE IN THE MIRROR

*I like myself*

1. Look in the mirror and write down every thought you have about your appearance.
2. Cross out all the negative thoughts and write the opposite statement underneath it.
3. Say the positive statements allowed to yourself as you look in the mirror.

**REPEAT DAILY**



# ANXIETY BUSTER

*I'm not afraid*

## STOP STRESSES

Pay attention to the "What ifs." Ask yourself "What is" instead of worrying about imagined scenarios.

Blank space for writing down stressors.

## WHAT CAN BE DONE?

## TO DO

Write down everything swirling in your mind. Seeing it on paper makes it look more manageable

Blank space for writing down things to do.

1.

2.

3.

## TOP 3 PRIORITIES TODAY

## GRATEFUL FOR

When we feel grateful our brain releases oxytocin. The feel good feeling.

Blank space for writing down things to be grateful for.

Talk to a friend

Act of kindness

Exercise

Breathe Slowly

## FIGHT FEAR



# OPENING UP ABOUT FEELINGS

Complete the following sentences about your personality and feelings

1. Reading makes me feel.....
2. I am very.....with people.
3. Home schooling makes me feel.....
4. I don't like.....
5. Having an argument with my friends is.....
6. I can say I'm a/an.....person.
7. People say I'm a/an.....person.
8. Exercising makes me feel.....
9. Being around many people makes me feel.....
10. I miss.....

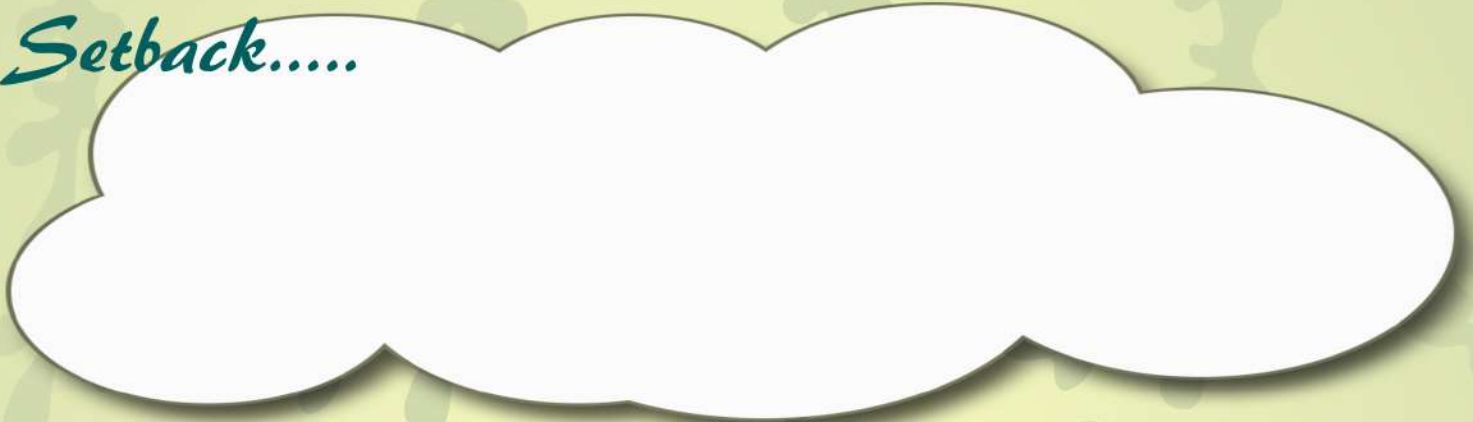
Take it in turns to discuss your answers one person at a time with your group/partner allowing the other to listen without response. At the end of each discussion the listener says (with an open heart)  
"I've got you."



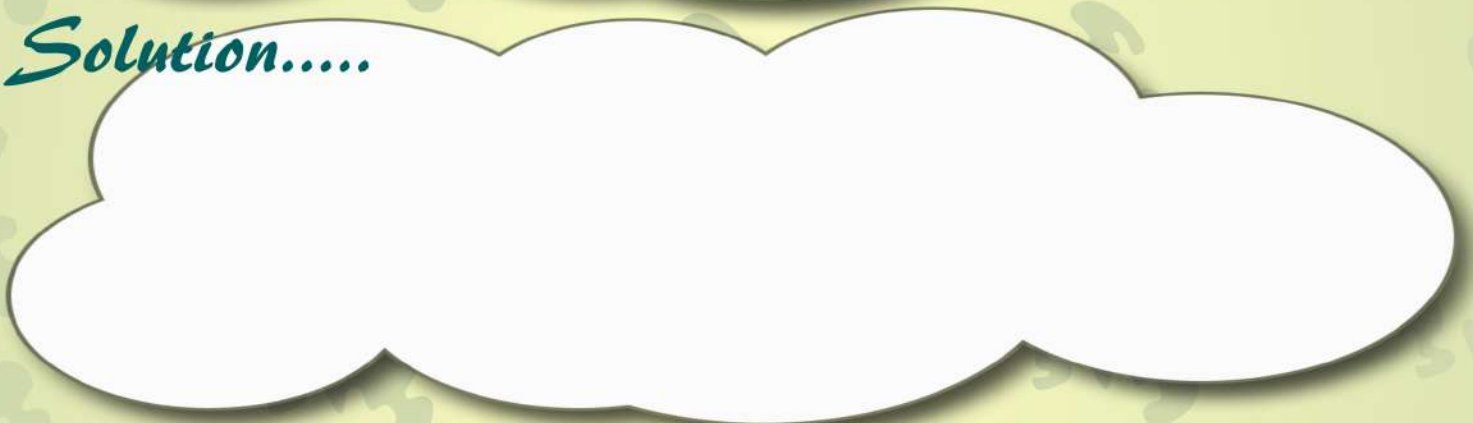
# OVERCOMING SETBACKS

*Sometimes, to achieve a goal you must overcome setbacks. Below is a way you can work through your setbacks to find a resolution to move forward.*

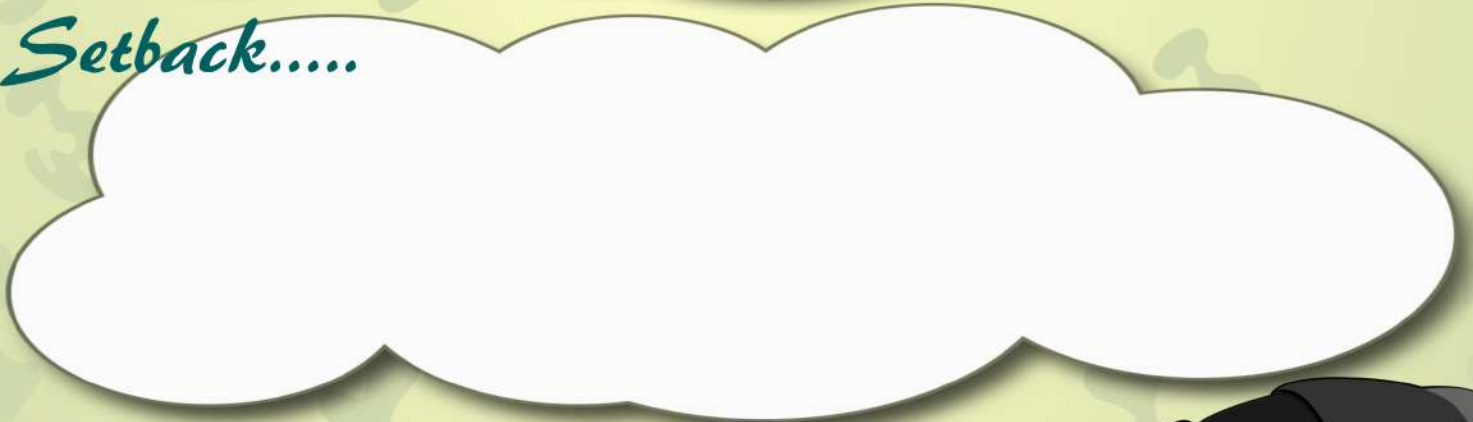
*Setback.....*



*Solution.....*



*Setback.....*



*Solution.....*

