

**Three good things that have happened this week:**

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

**What's a challenge that you've faced this week?**

\_\_\_\_\_  
\_\_\_\_\_

**How did you overcome it?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Think of 3 things that stress you out**

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

**Pick 3 of the things from our list that you're going to try this week to help manage stress**

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_