GoZen!

CHALLENGE

JOURNAL

This journal belongs to:

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What's the #1 challenge you're facing right now?

MY #1 CHALLENGE

Why is this challenging?

MY STRATEGY FOR CHALLENGES

What strategy will you use to face one of your challenges?

What's another challenge you're facing?

If your best friend gave you advice about this challenge, what would they say?

If one of your friends came to you after doing poorly on a test, what advice would you give them?

What's something that's really easy for you now, but was hard before?

This is EASY now!

MY STEPS:

What steps did you take to make it easier?

What does it mean to FAIL?

What does it mean to SUCCEED?

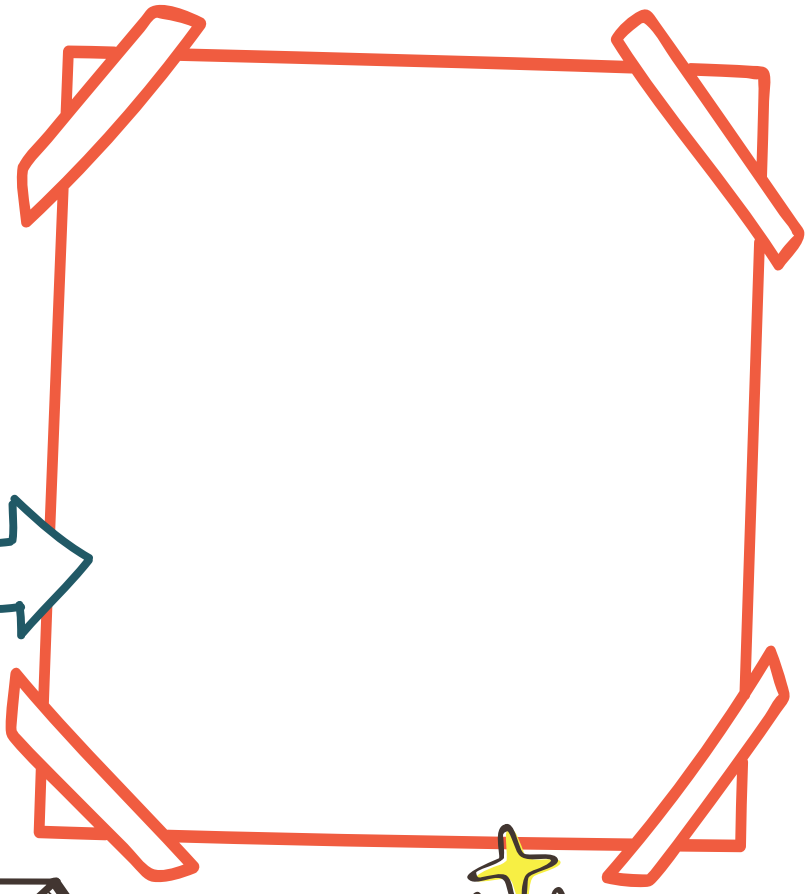
Think of a mistake you've made in the past that has led to something awesome.

The mistake:

What it led to:

... And that's awesome!

What does it look like when you get really frustrated with something?



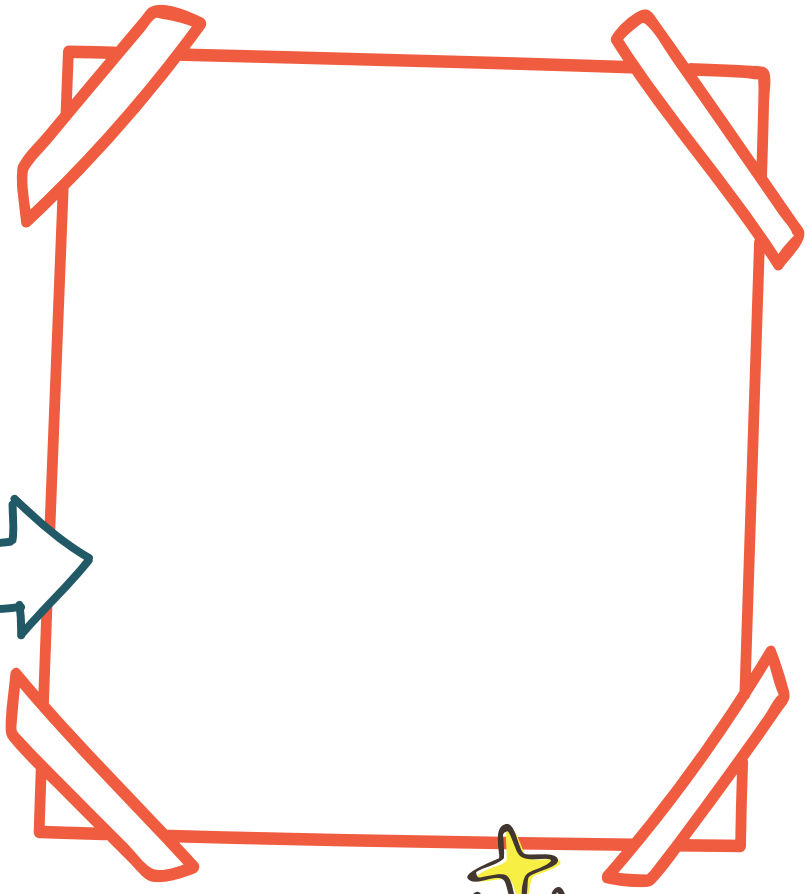
When I'm frustrated:

WHAT I THINK...

WHAT I FEEL...

WHAT I DO...

What does it look like when you are really calm and think logically?



When I'm calm:

WHAT I THINK...

WHAT I FEEL...

WHAT I DO...

MY STRATEGY FOR FRUSTRATION

What strategy can you use to go from frustrated to calm?

Things that make me feel successful:

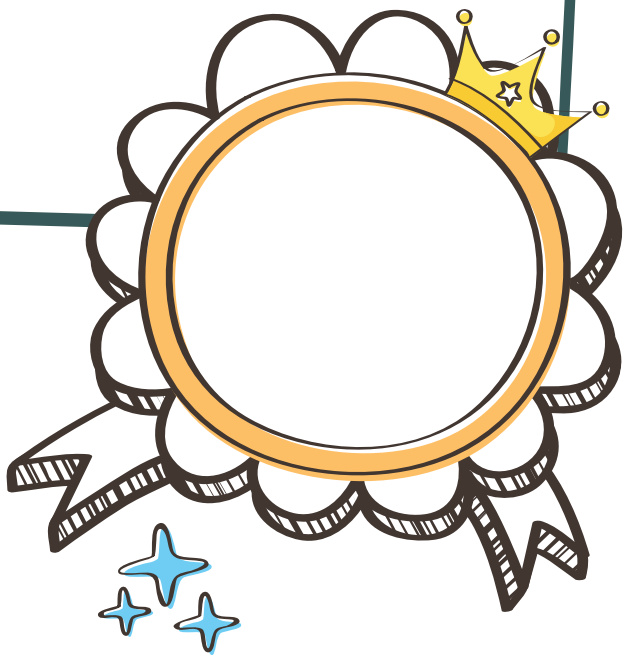
What does success feel like?

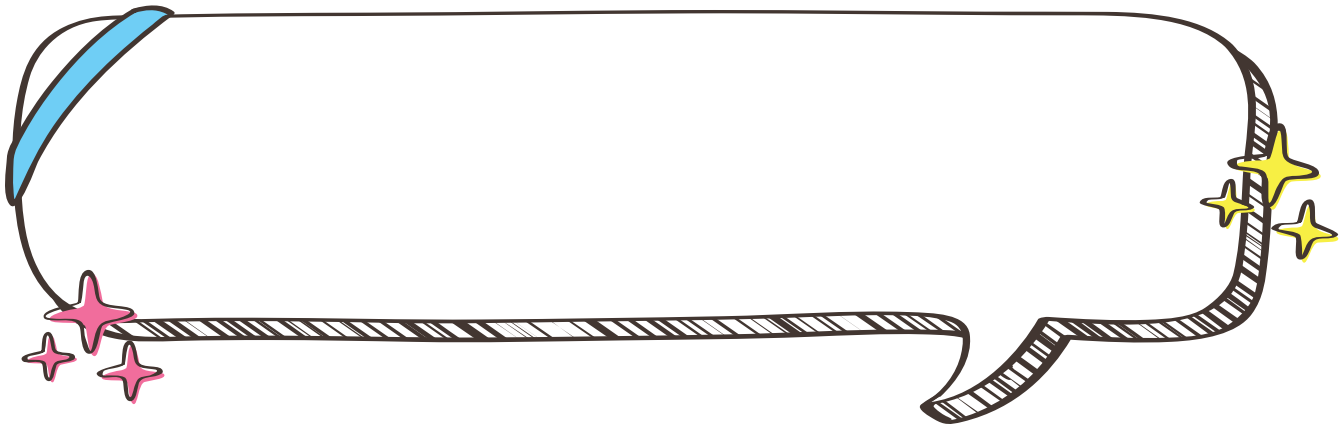
My successes:

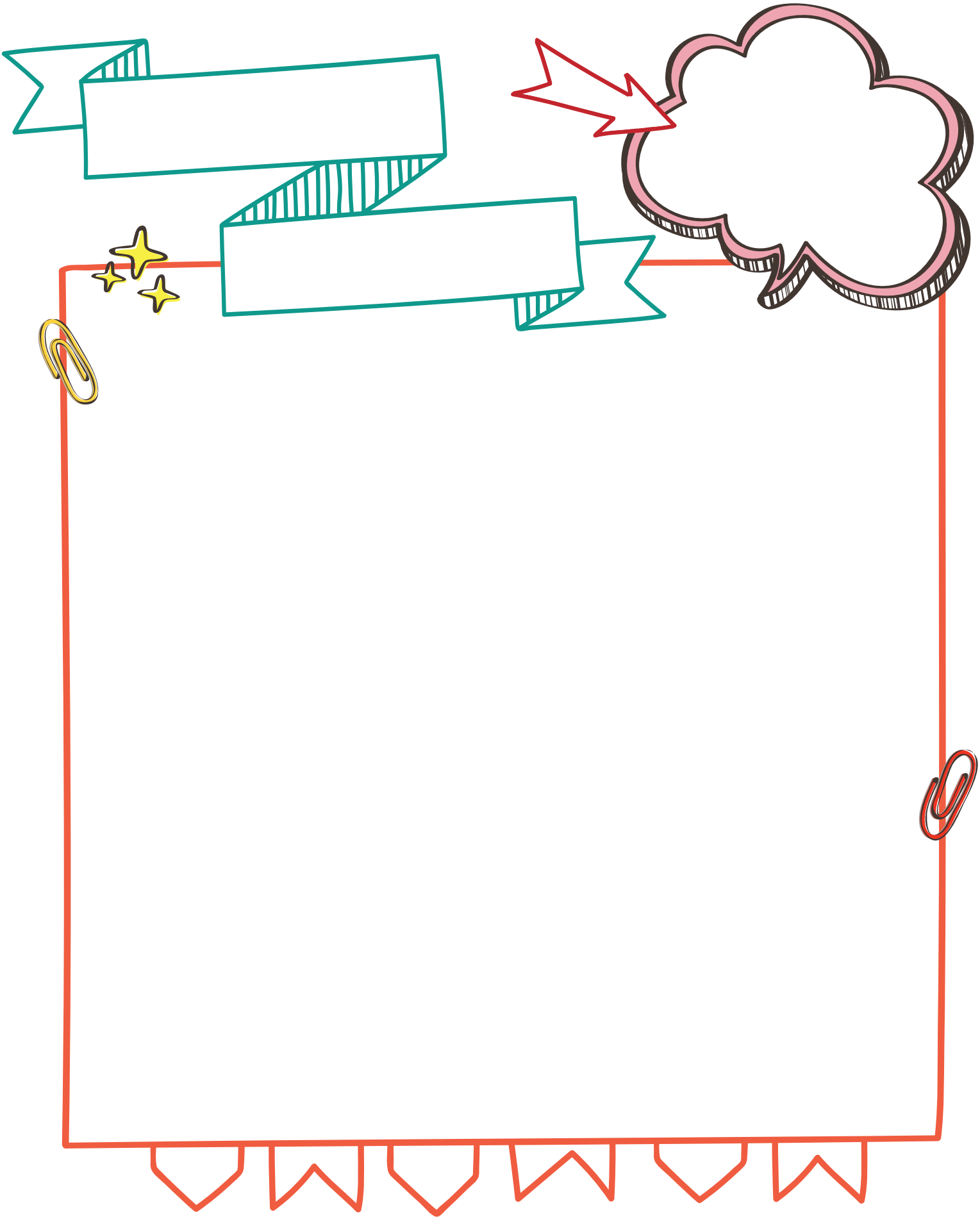
1

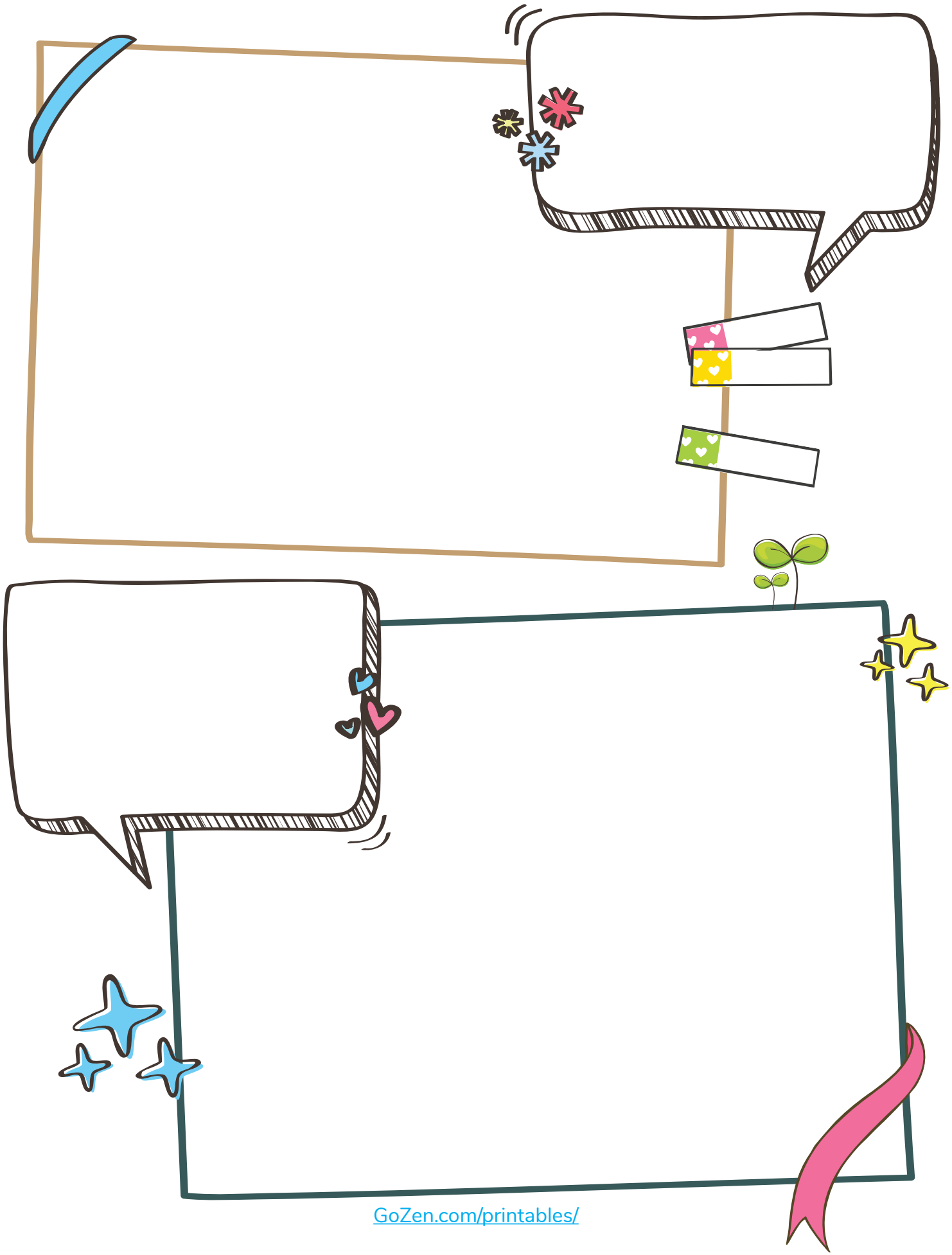
2

3









TERMS OF SHARING THE ❤

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1. Join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: https://facebook.com/groups/scienceofhappinessforkids/