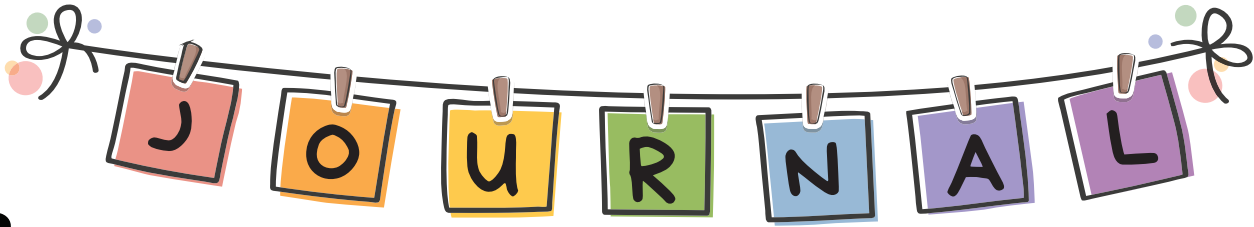




GoZen!

CHALLENGE



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?

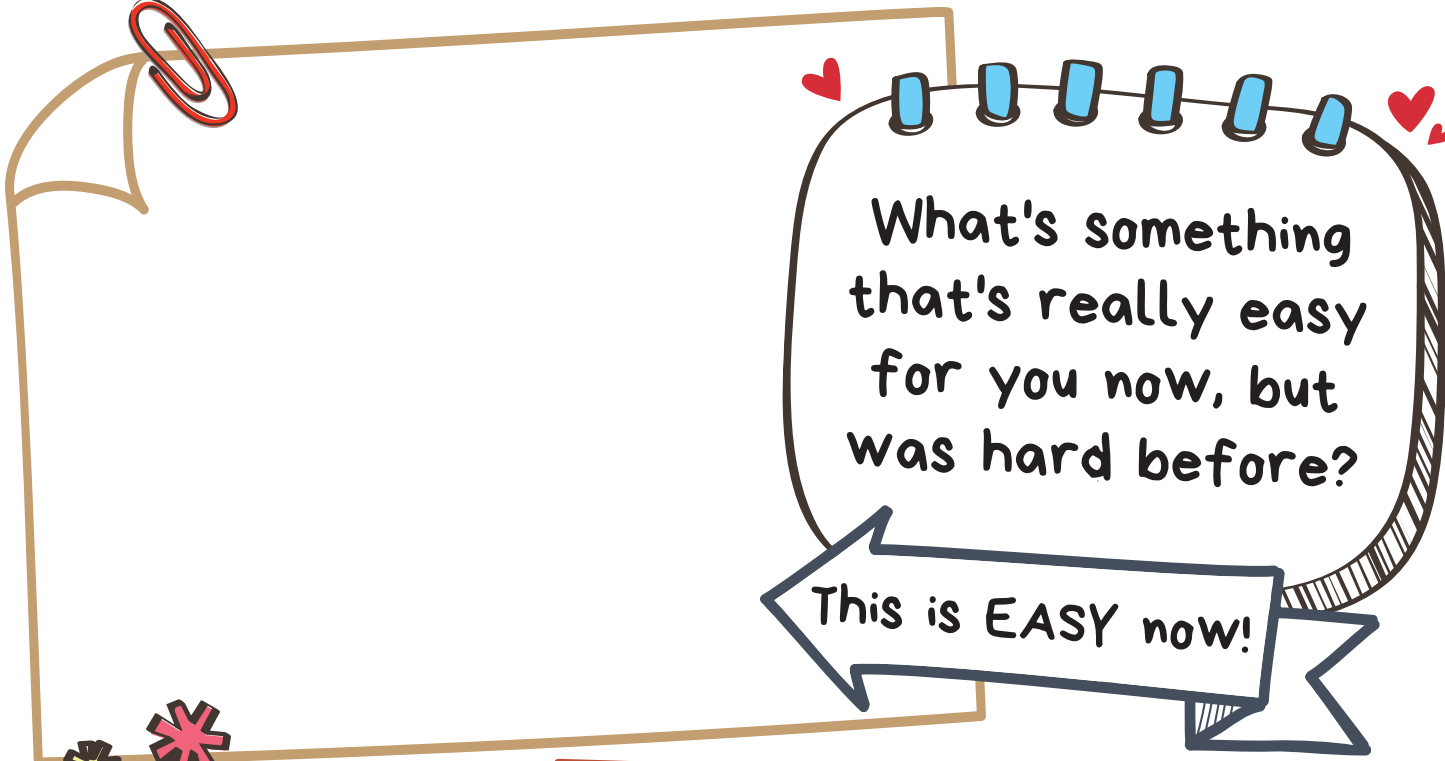


What's another challenge you're facing?

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?

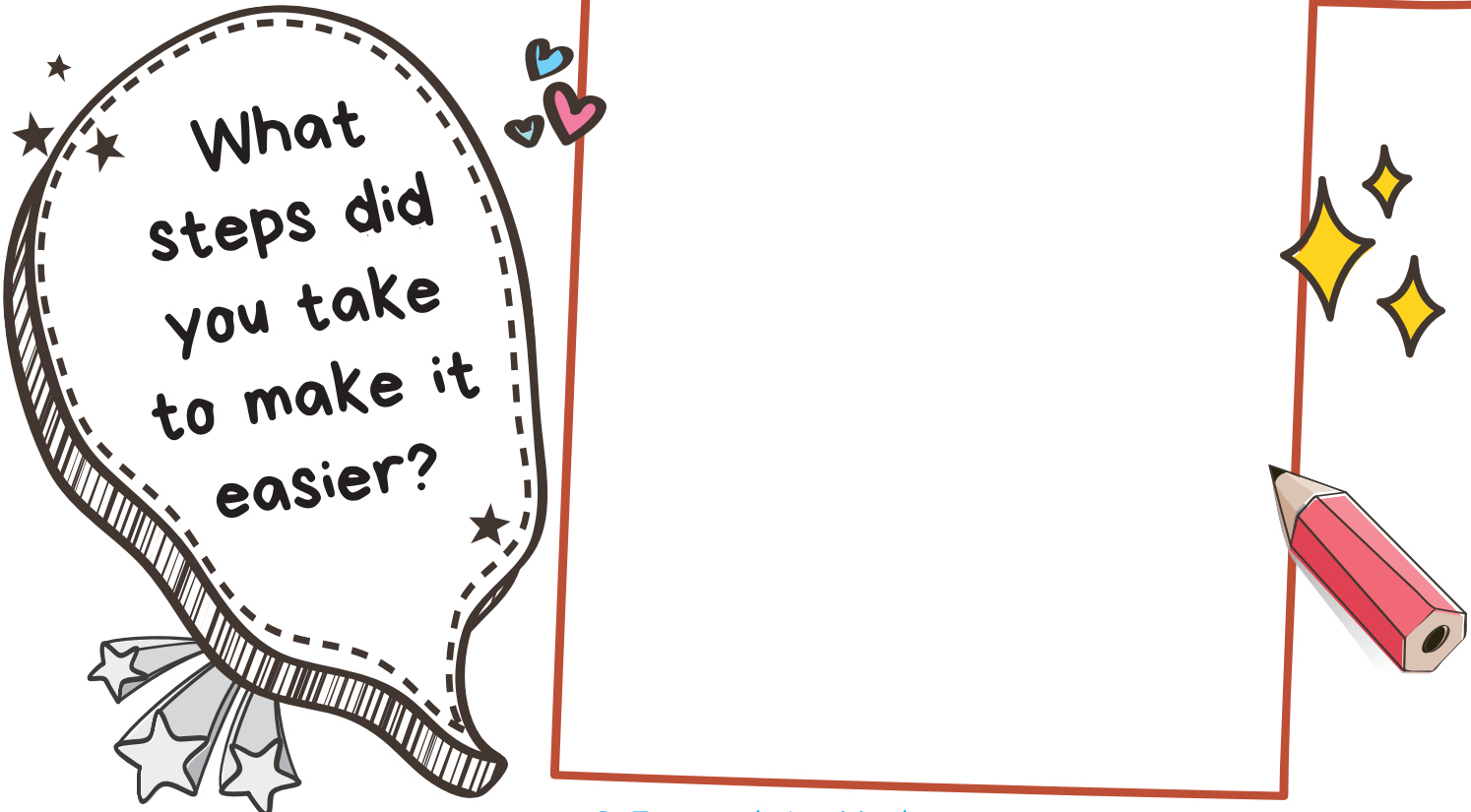




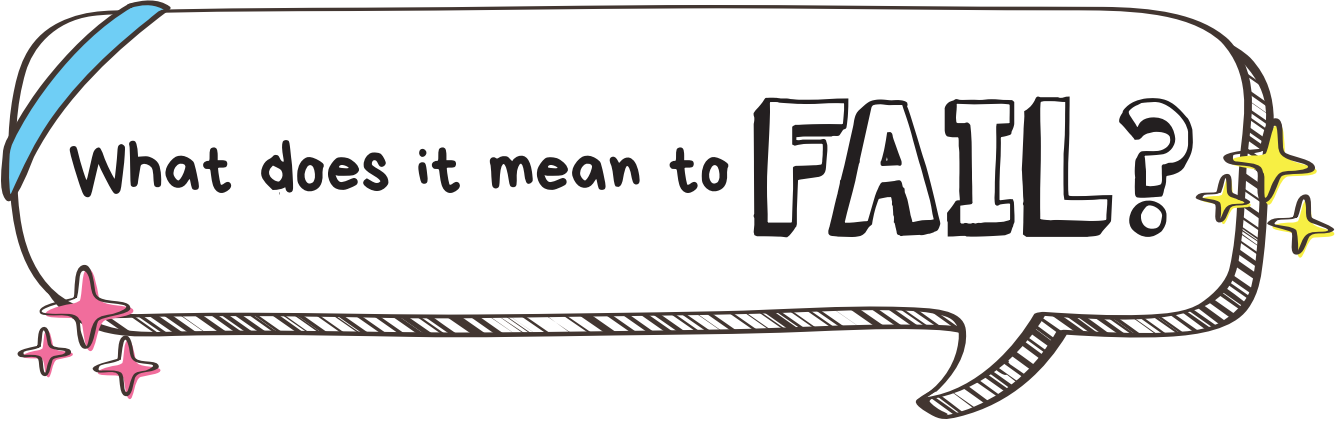
What's something that's really easy for you now, but was hard before?

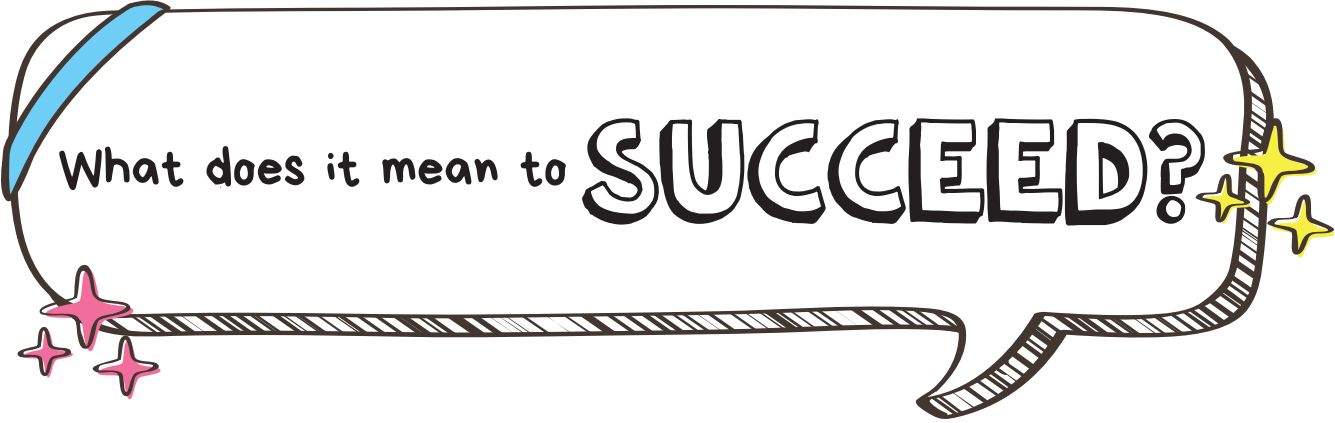
This is EASY now!

MY STEPS:



What steps did you take to make it easier?

A large rectangular area for writing an answer. It is bounded by a dashed line. At each of the four corners, there is a small square marker with a dot inside, connected to the dashed line by a short solid line. The rest of the border is dashed.



What does it mean to **SUCCEED?**

A large rectangular area with a dashed border and small square markers at the corners, intended for writing an answer.



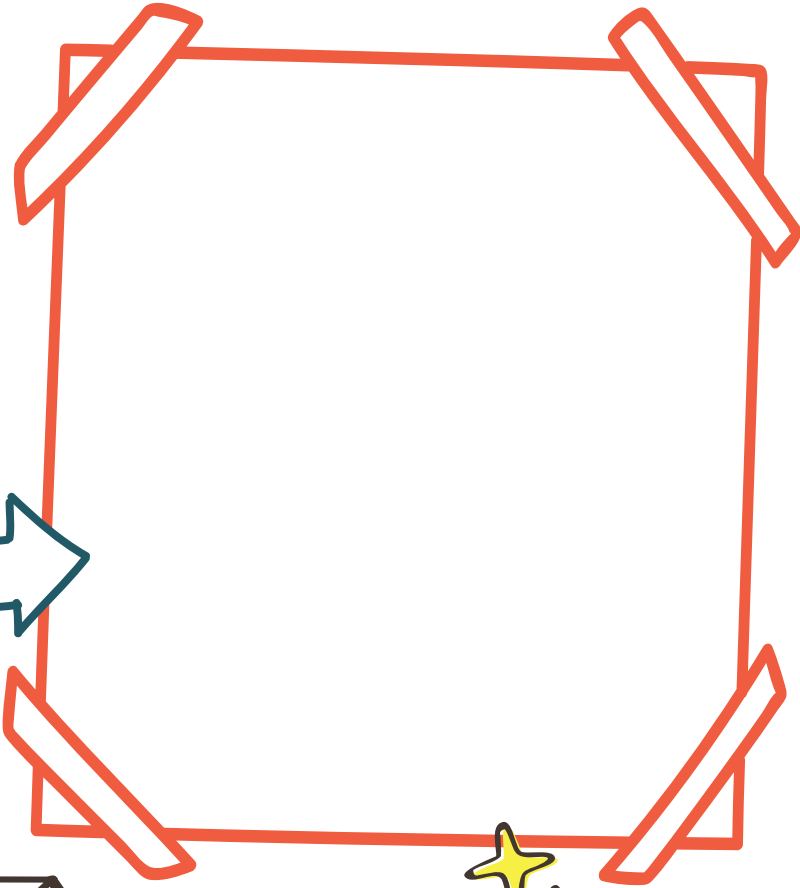
Think of a mistake you've made in the past that has led to something awesome.

The mistake:

What it led to:

... And that's awesome!

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



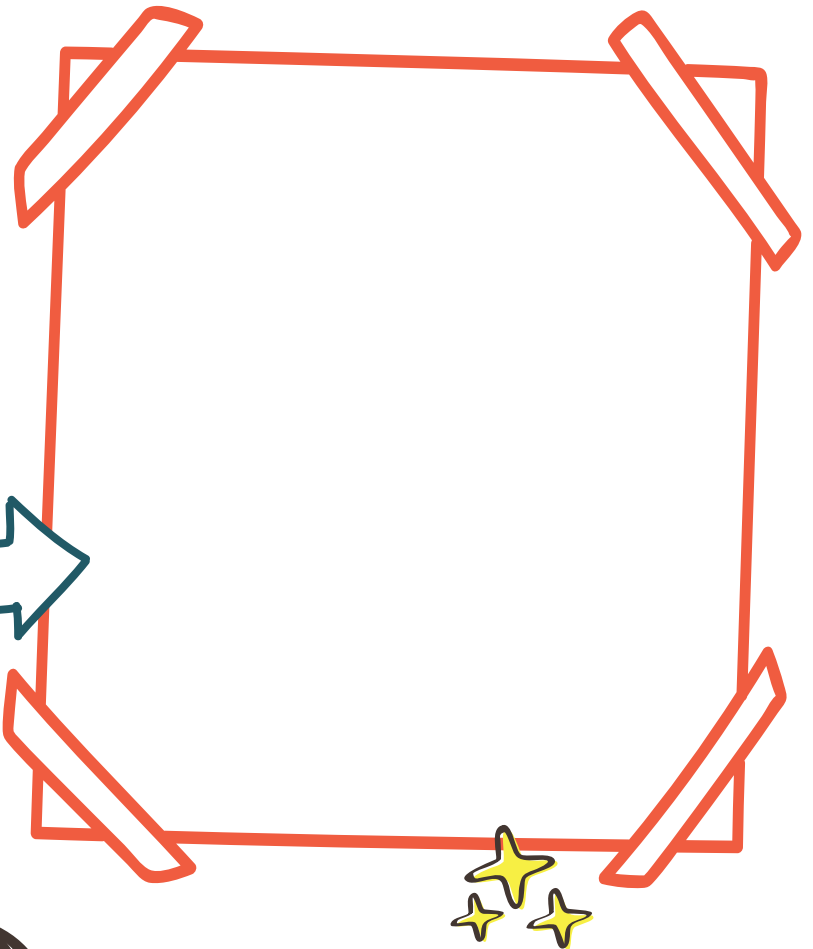
WHAT I THINK...

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...

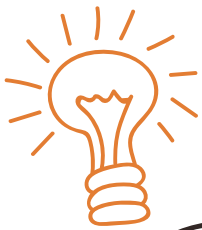


MY STRATEGY

FOR FRUSTRATION

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

Ask for help Try again
Get feedback
Take a deep breath
Use my strengths
Practice Walk away
Create mini-goals
Ask questions
Brainstorm solutions
Say, "I can't do it YET"
Be kind to myself



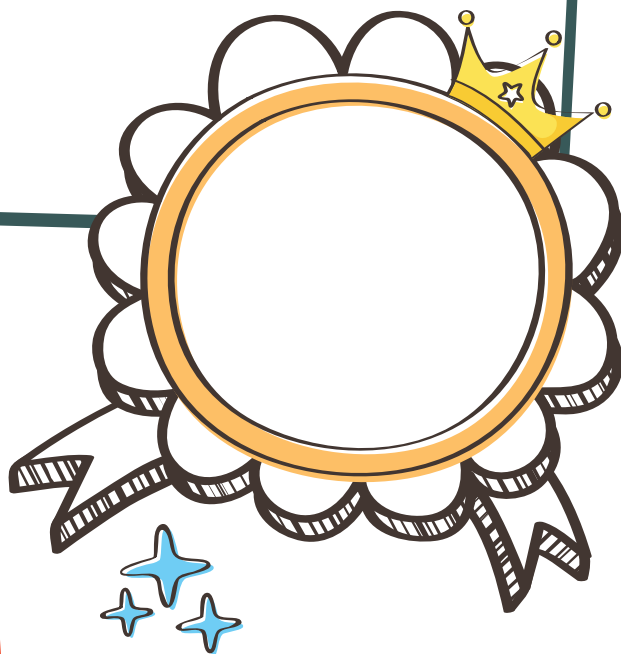
Things that make me feel successful:

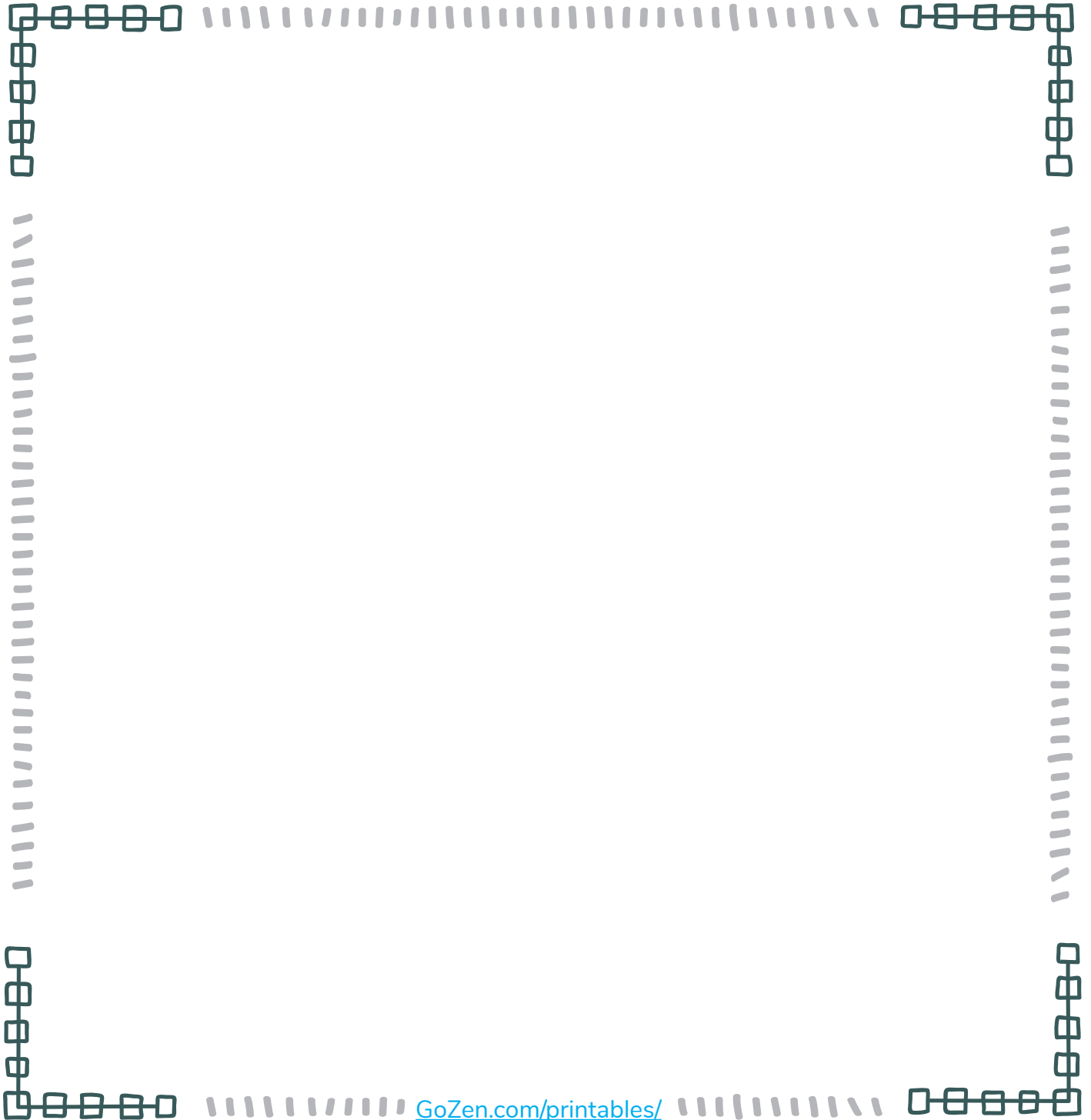
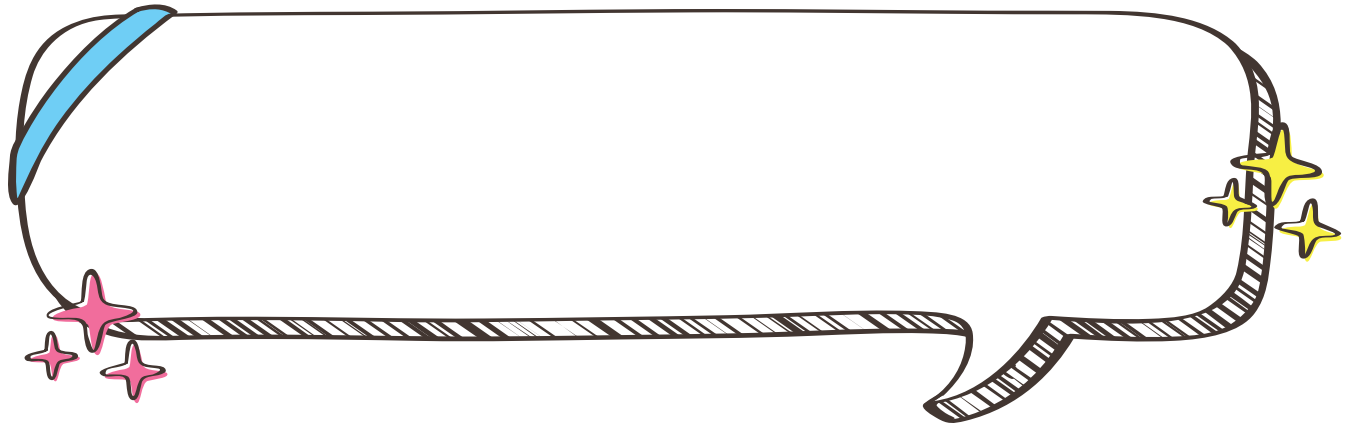
What does success feel like?

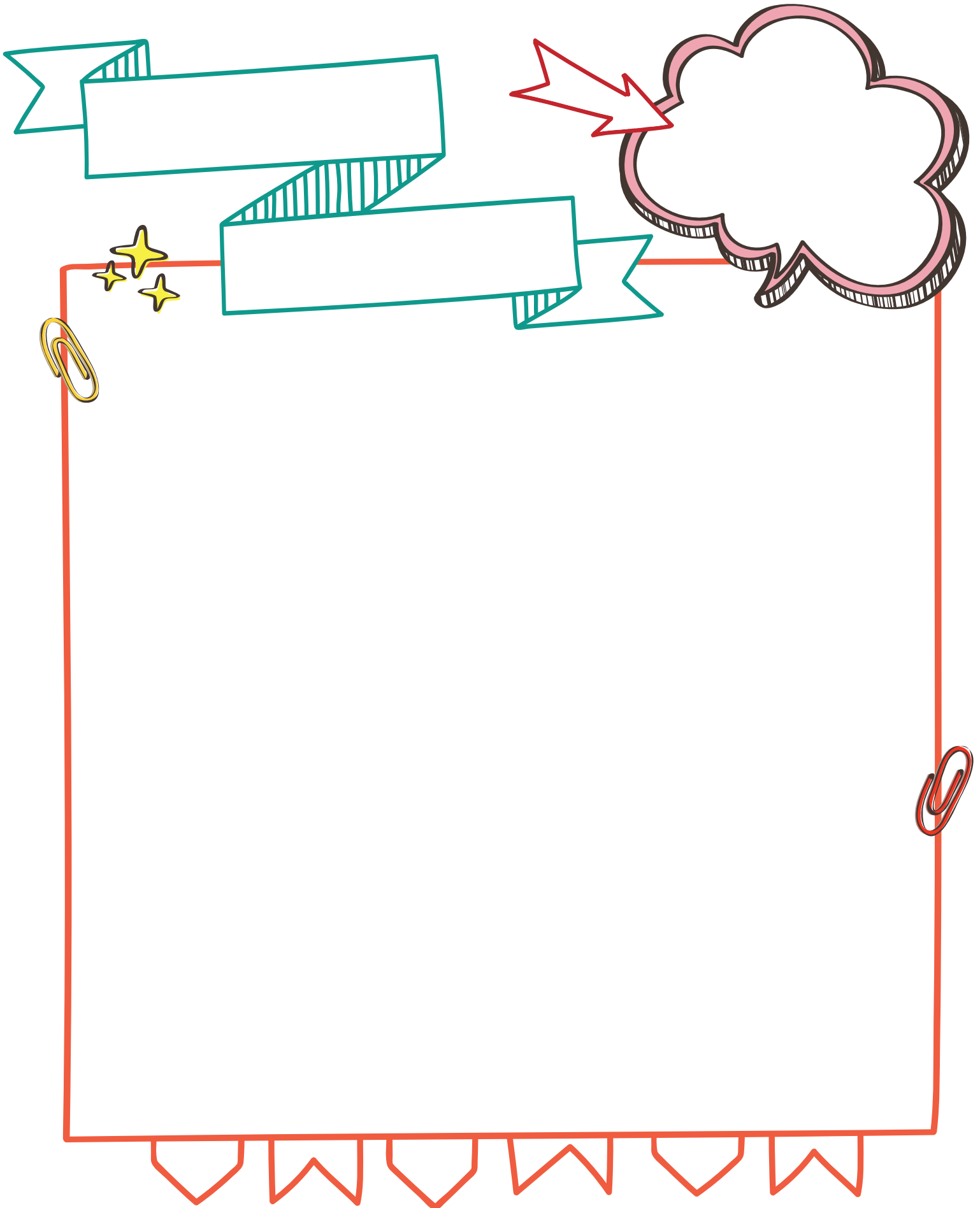


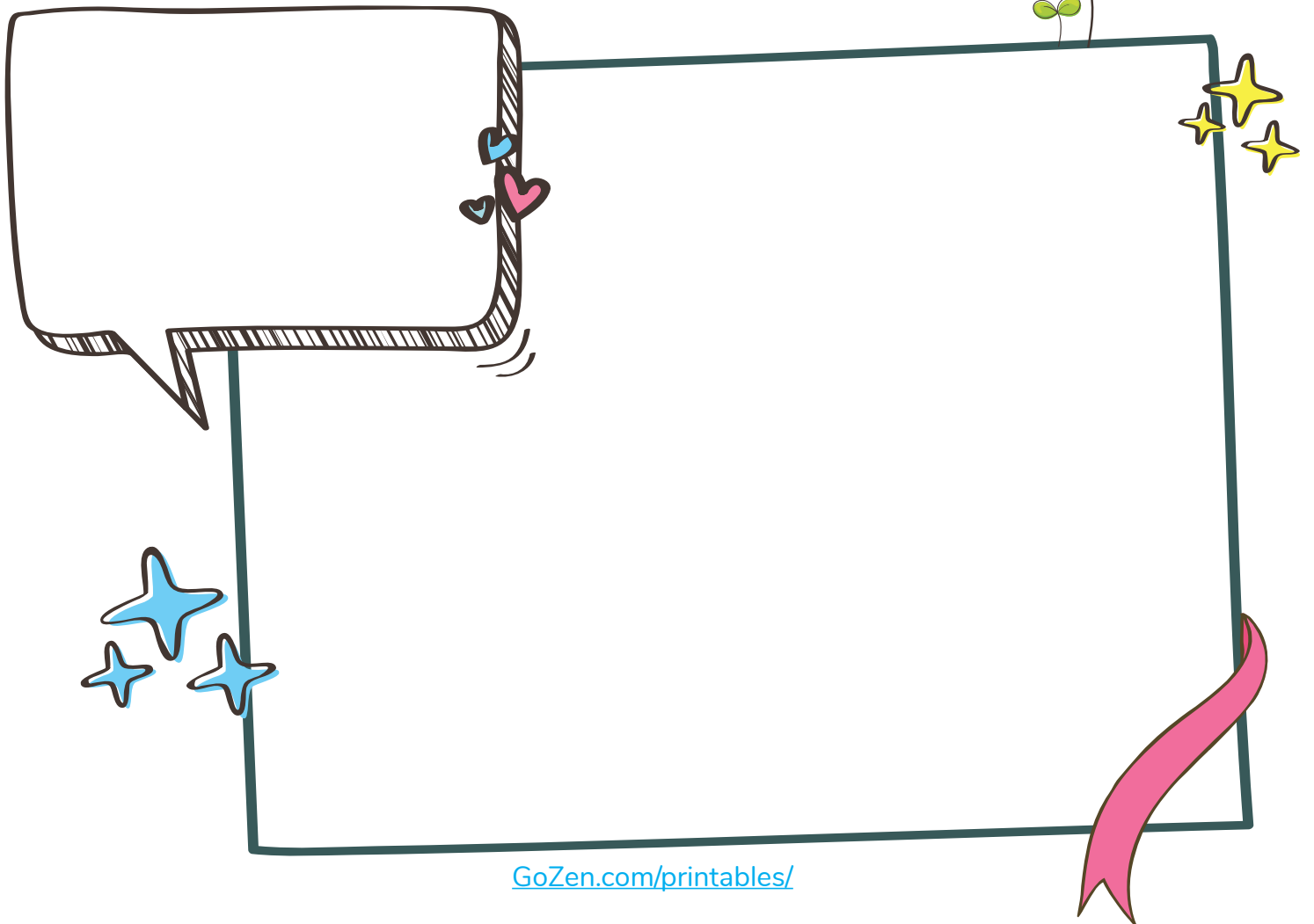
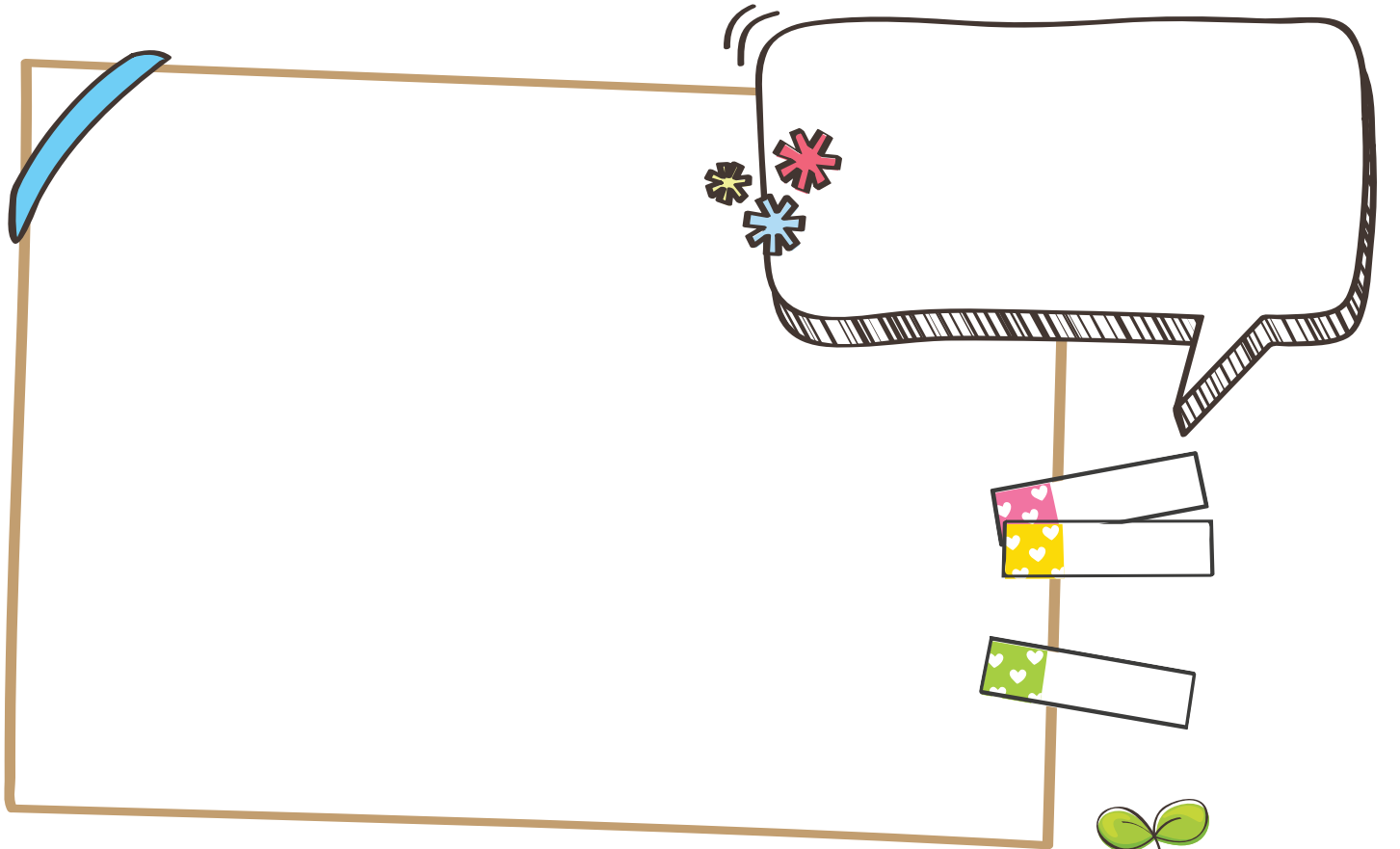
My successes:

- 1
- 2
- 3











TERMS OF SHARING THE ♥

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