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| --- | --- | --- | --- |
| Name: |  | Today’s Date: |  |

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| --- |
| **I’m making a conscious effort to:** |
| **This is important to me because:** |
| *When I achieve this, I will:*  **Feel...**  **Be able to....**  **Be able to STOP...** |
| I know I can do this because: |
| I know all good things come with struggle and believe I’ll struggle in these areas: |
| I know all struggles can be overcome and will use these strategies to help myself rise above the struggle: |