I AM...

☐ Adventurous
☐ Brave
☐ Brilliant
☐ Capable
☐ Confident
☐ Determined
☐ Imaginative
☐ Independent
☐ Vivacious
☐ _______________________
☐ _______________________

MY TOP 3 CORE VALUES ARE...

A PERSON I CARE ABOUT IS:

AND TODAY I WILL...

☐ Pay them a meaningful compliment or tell them how much I care
☐ Express appreciation for them being in my life
☐ Tell them about something that’s bothering me and feel comforted
☐ Offer to listen if they have something on their mind
☐ Give and receive affection
☐ _______________________
☐ _______________________

MY GOAL FOR TODAY IS...

A CHALLENGING PERSON IS:

AND TODAY I WILL...

☐ Avoid or ignore them and channel my energy into my daily tasks and activities
☐ Maintain dignity and self-control, not allowing my emotions to rule
☐ Pick my battles
☐ Practice assertiveness
☐ View their words and actions as a reflection of them, not me
☐ _______________________
☐ _______________________

MY SUPERPOWER TODAY IS...

☐ Coffee
☐ Dry shampoo
☐ Optimism
☐ Mom powers
☐ My therapist
☐ A good night’s rest
☐ Wine
☐ _______________________