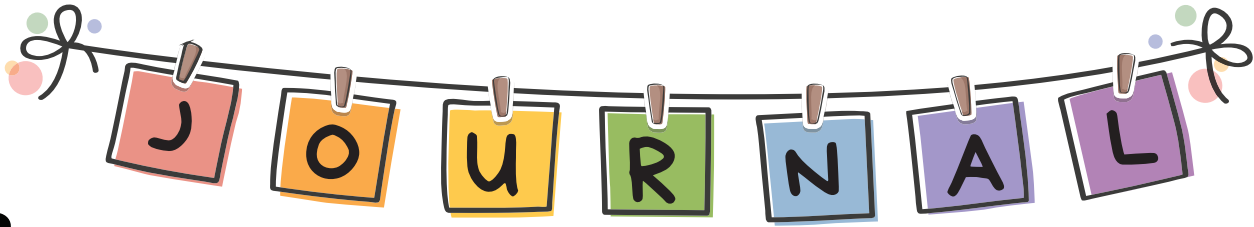




GoZen!

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?

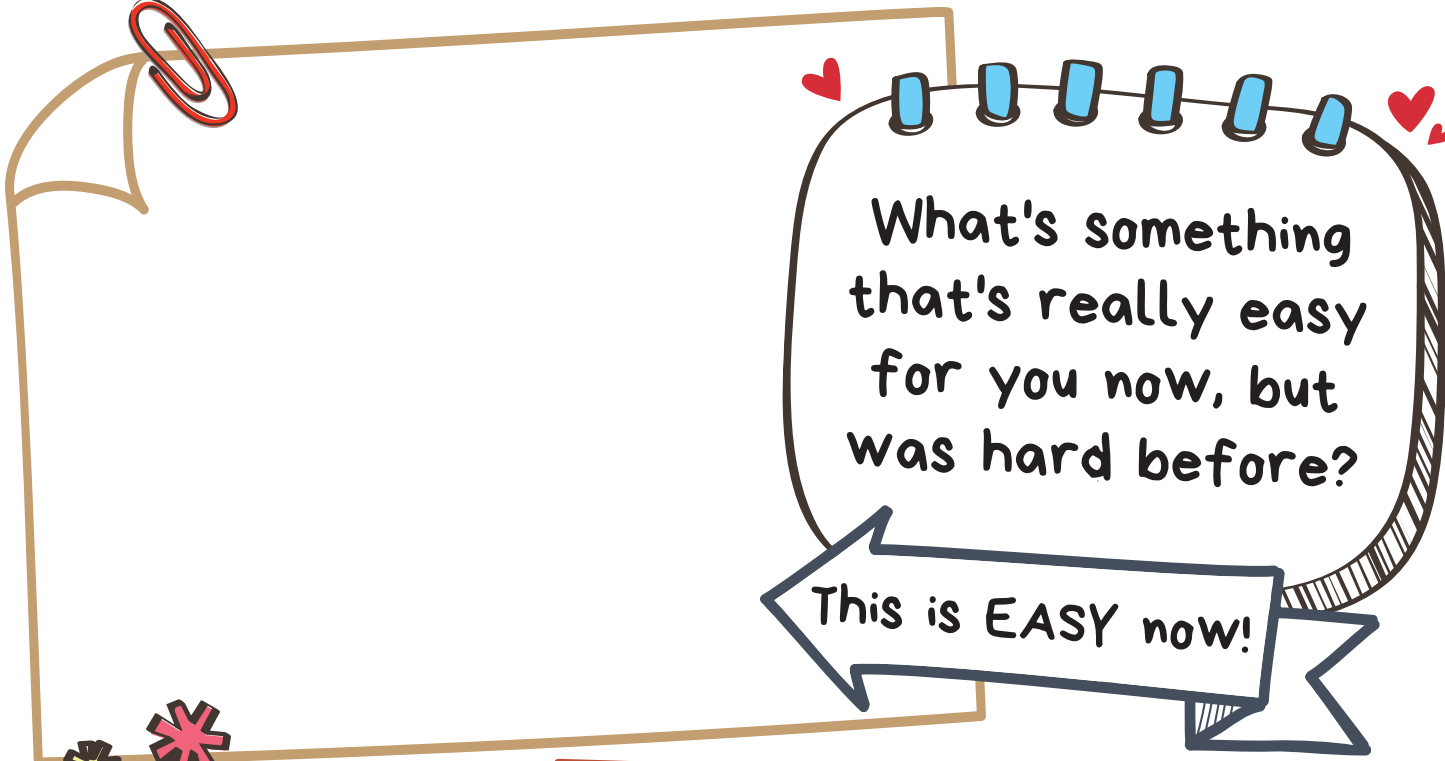


What's another challenge you're facing?

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?

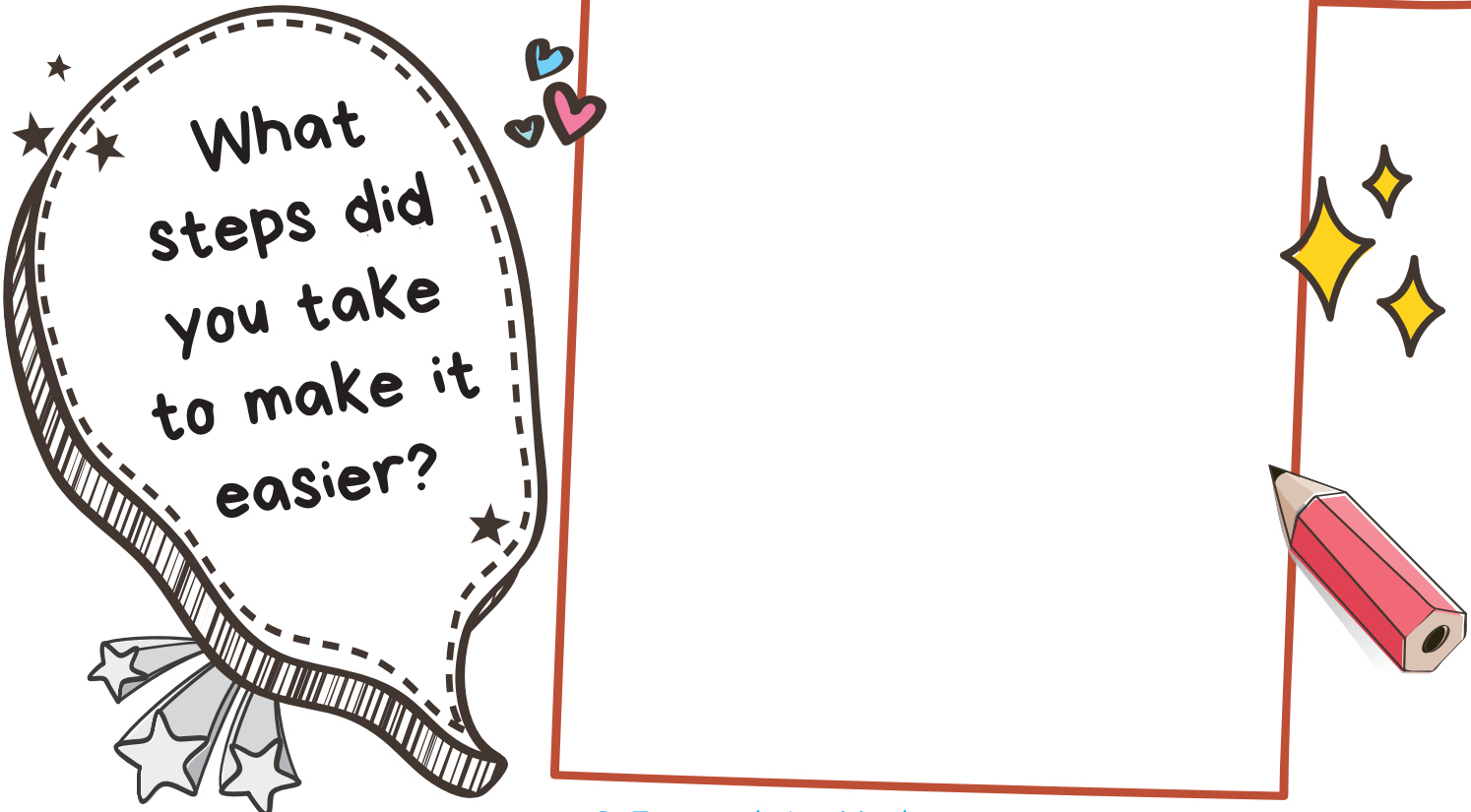




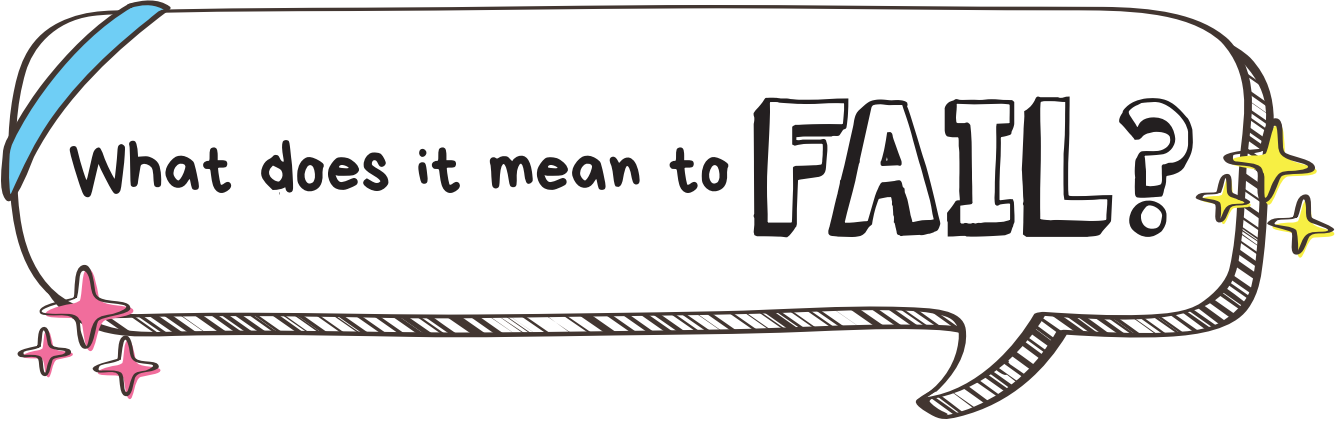
What's something that's really easy for you now, but was hard before?

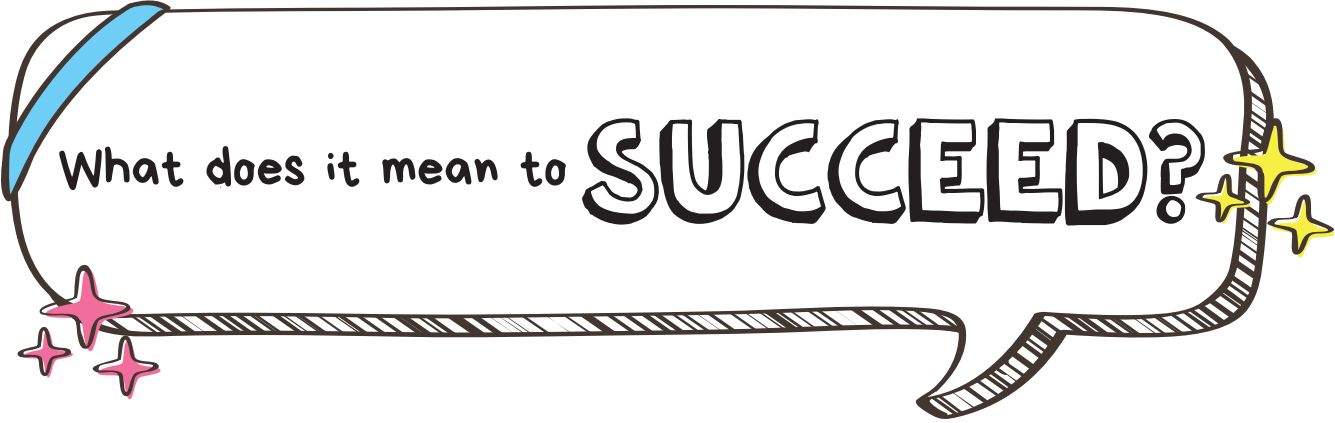
This is EASY now!

MY STEPS:



What steps did you take to make it easier?

A large rectangular area for writing an answer. It is enclosed by a dashed line border. At each of the four corners, there is a decorative element consisting of a vertical line of small squares connected by a horizontal line, forming a corner bracket.

A large rectangular area with a dashed border. The corners are marked with small squares, suggesting a grid or a place for writing. The border is composed of small squares connected by lines, with a dashed line in the middle of each side.



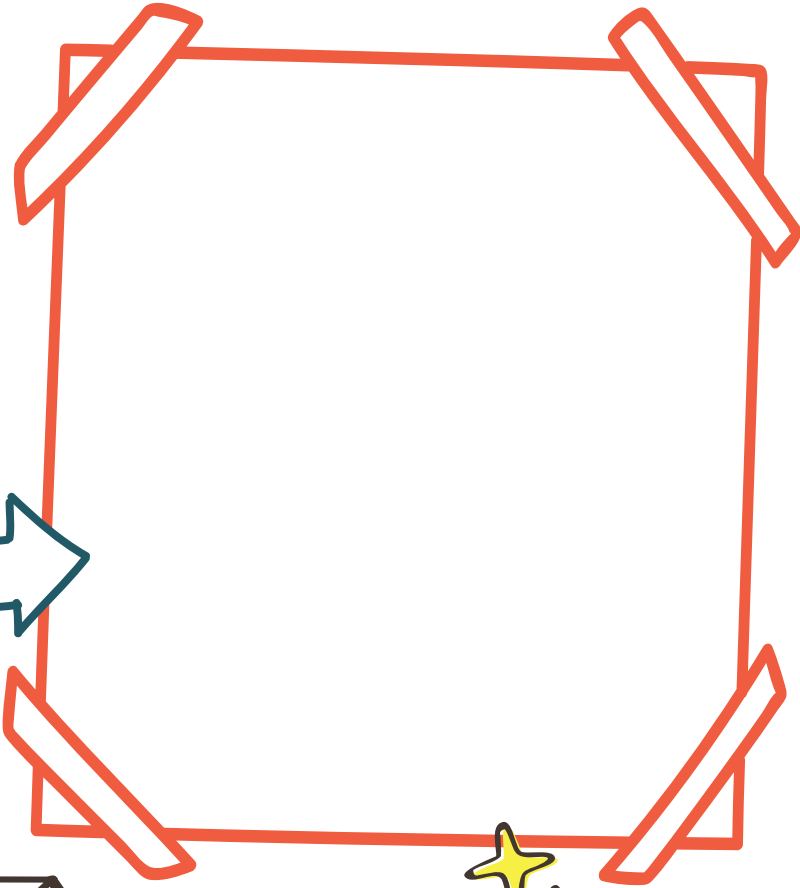
Think of a mistake you've made in the past that has led to something awesome.

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:



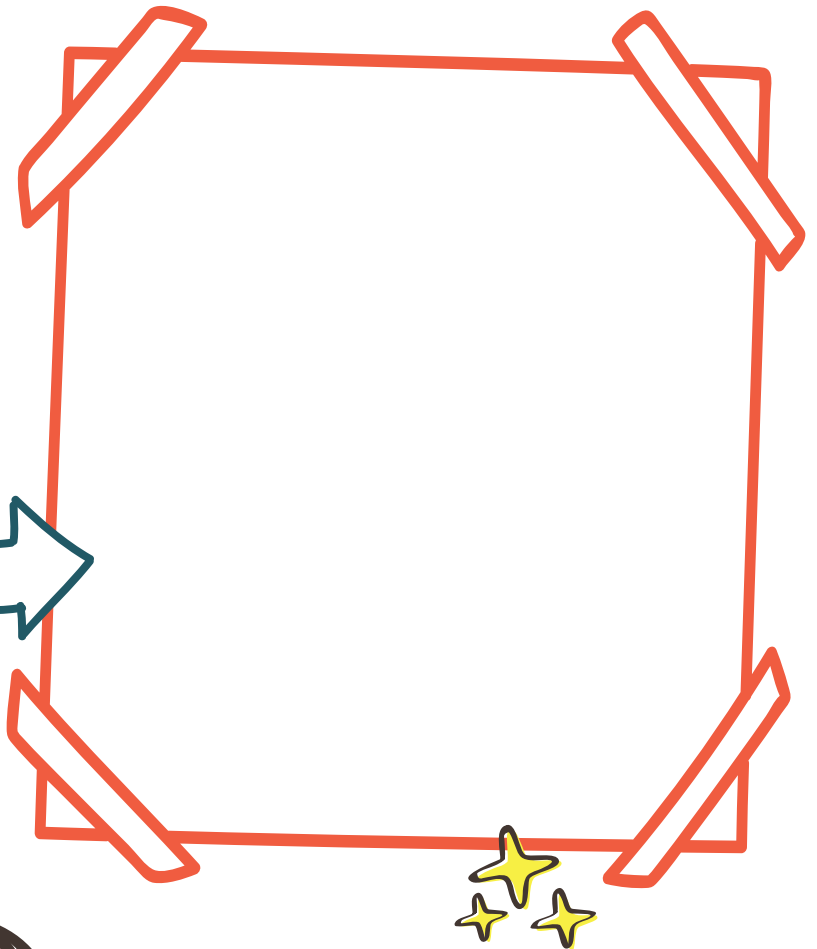
WHAT I THINK...

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...

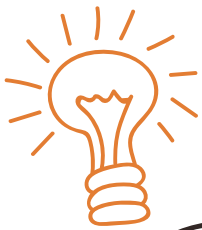


MY STRATEGY

FOR FRUSTRATION

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

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



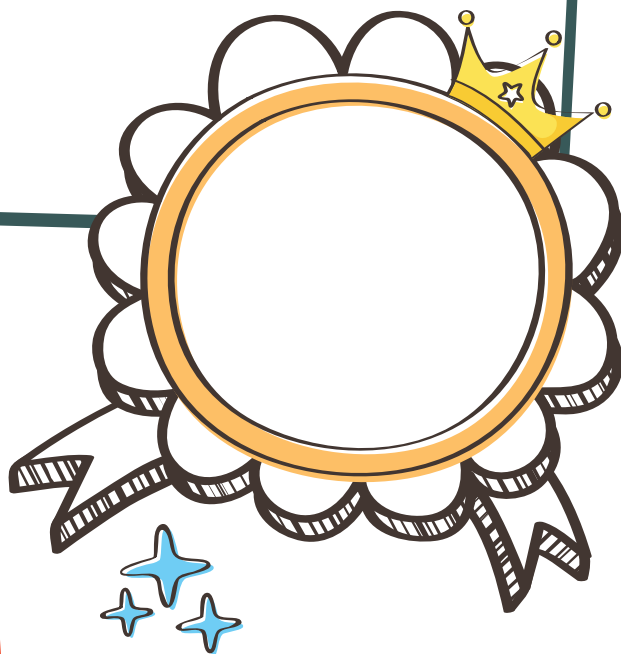
Things that make me feel successful:

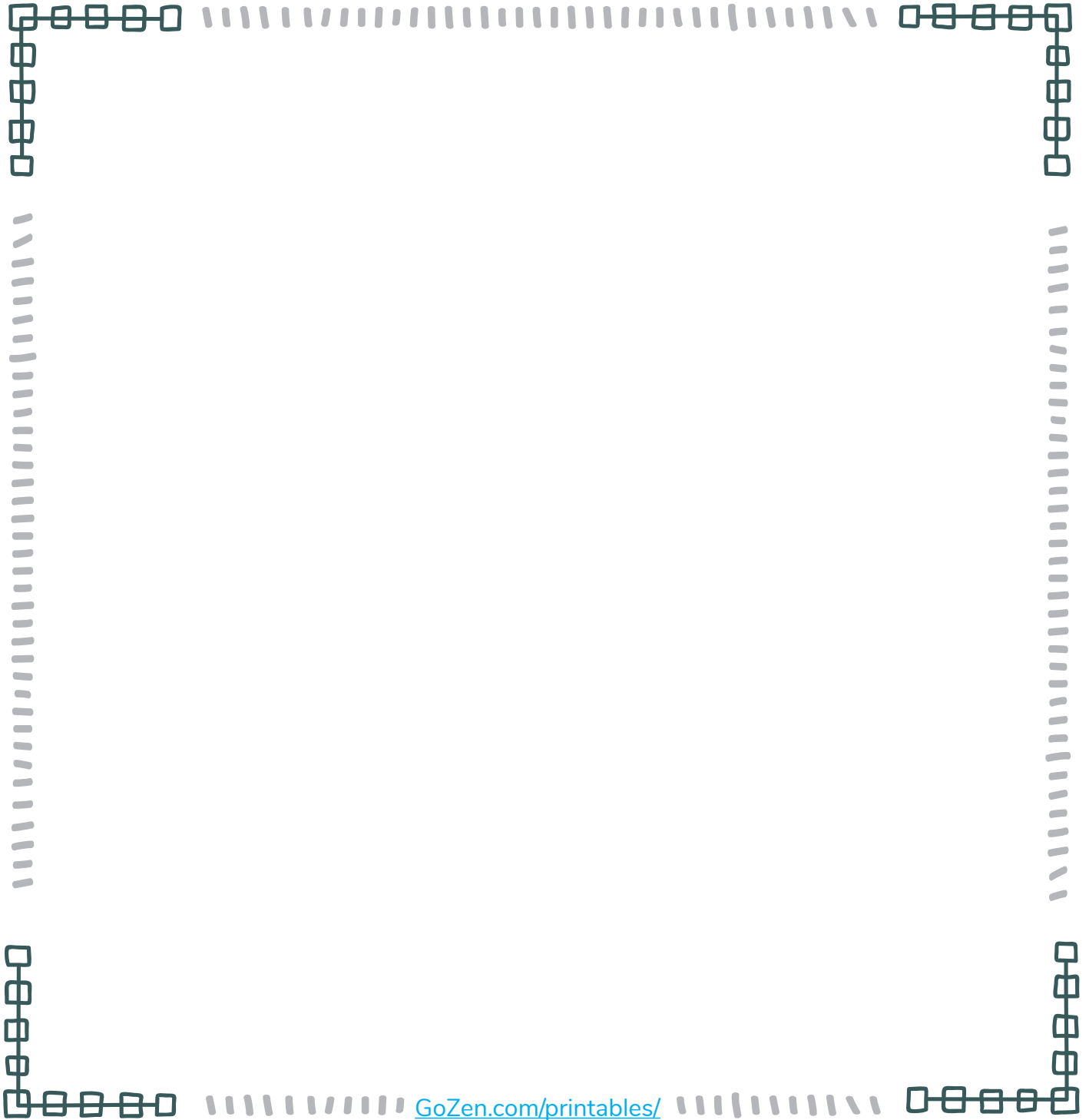
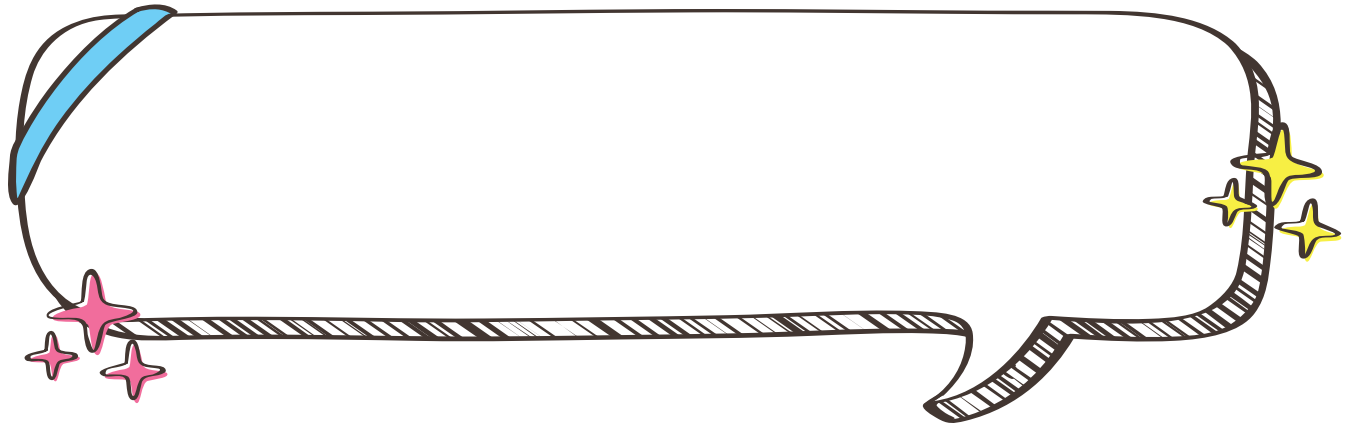
What does success feel like?

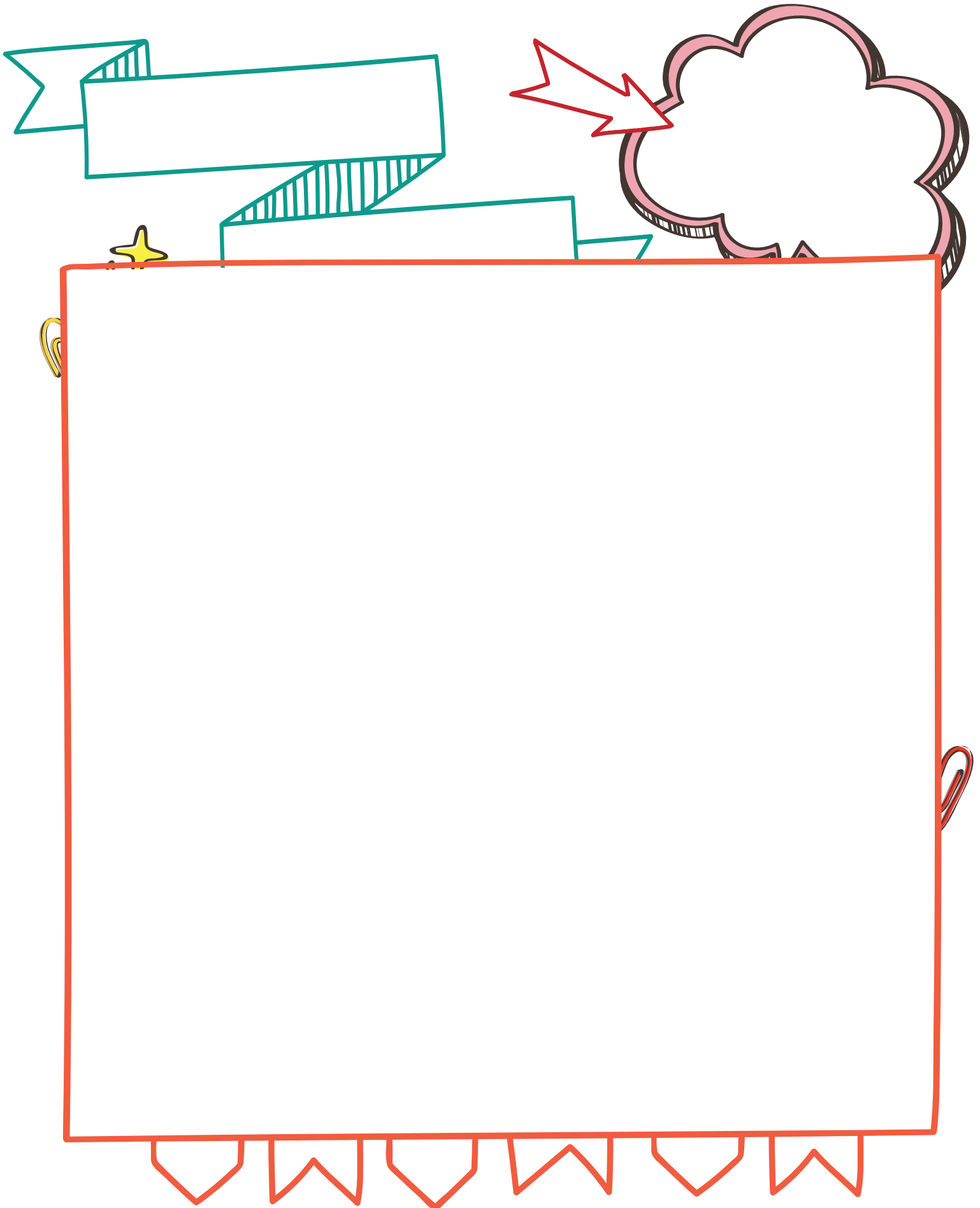


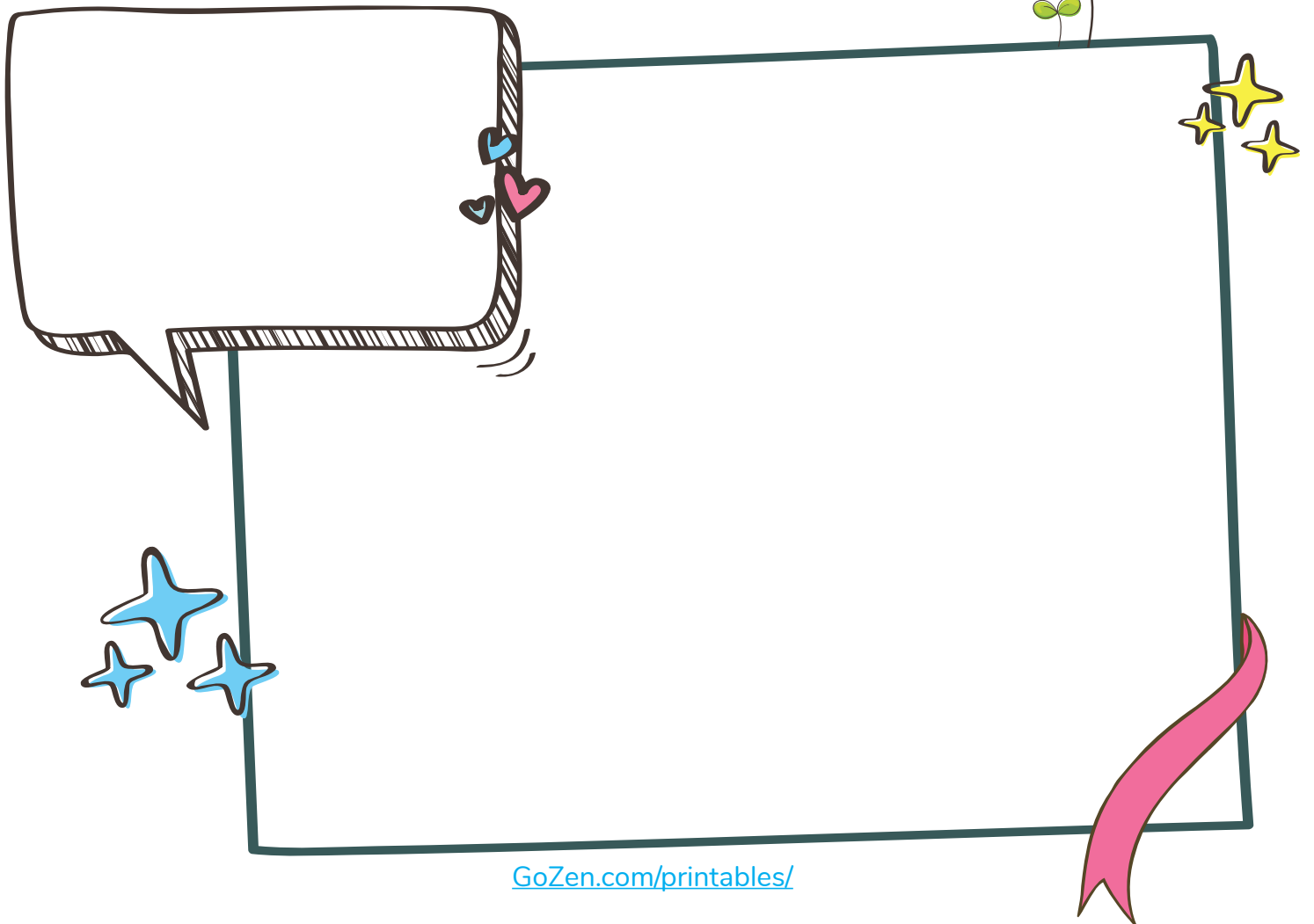
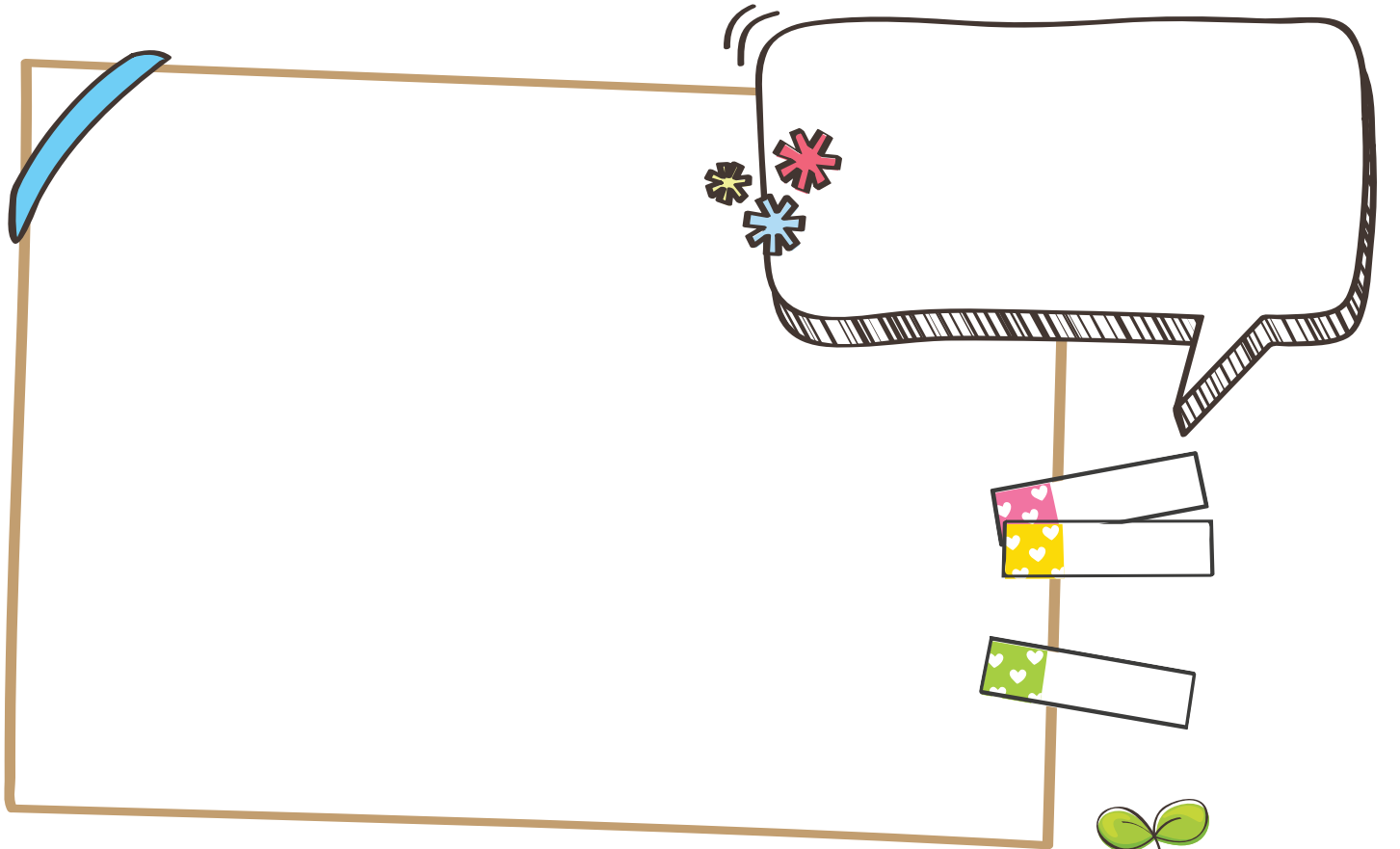
My successes:

- 1
- 2
- 3











TERMS OF SHARING THE ♥

1. We want to reach as many families, teachers, therapists, kids, tweens, and teens as possible! Please let others know we're sending out printables every week by sharing this page:

<https://gozen.com/printables/>

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

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