


# CHALLENGE

JOURNAL


This journal belongs to:






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

MY #1 CHALLENGE



Why is this  
challenging?

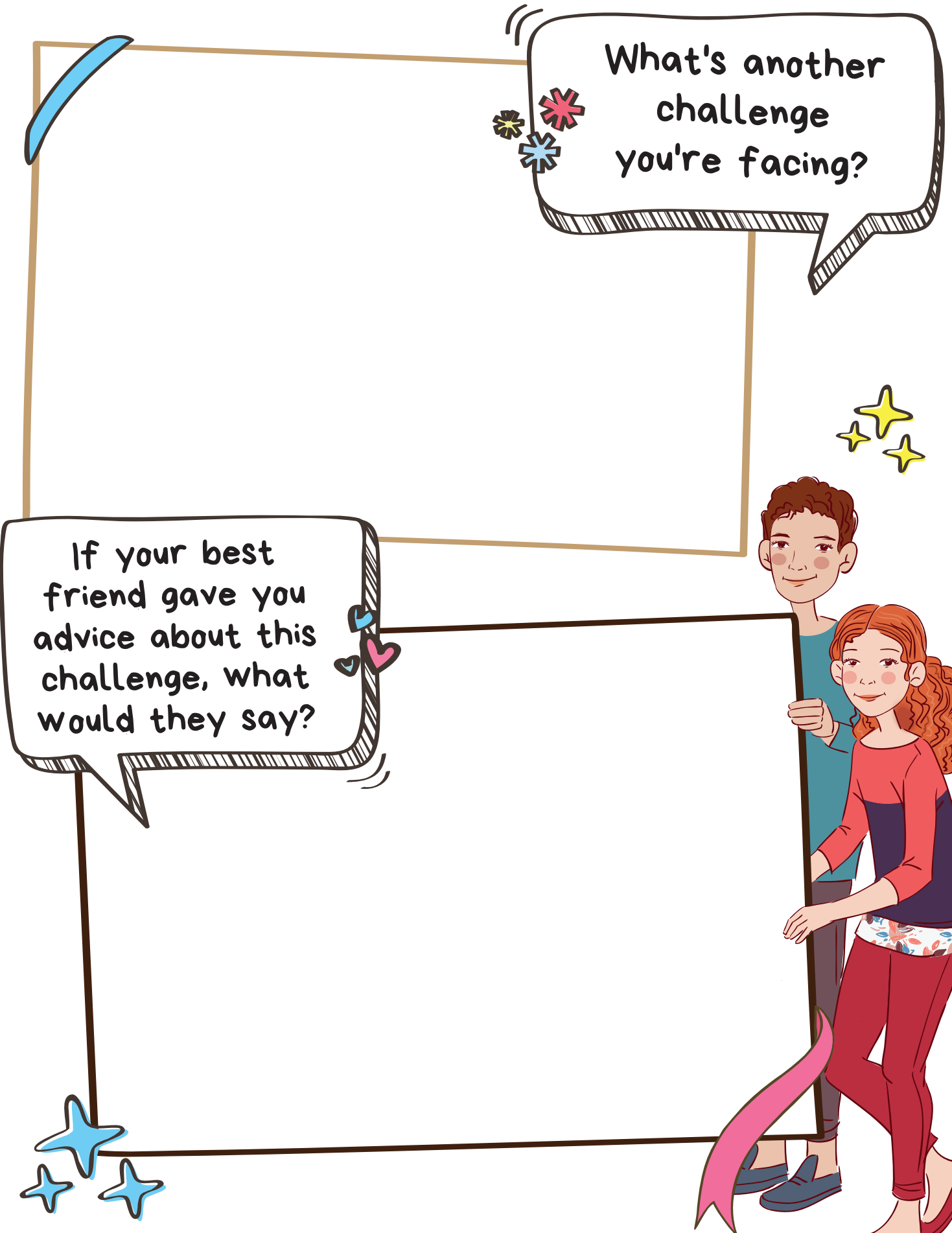


MY STRATEGY

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?



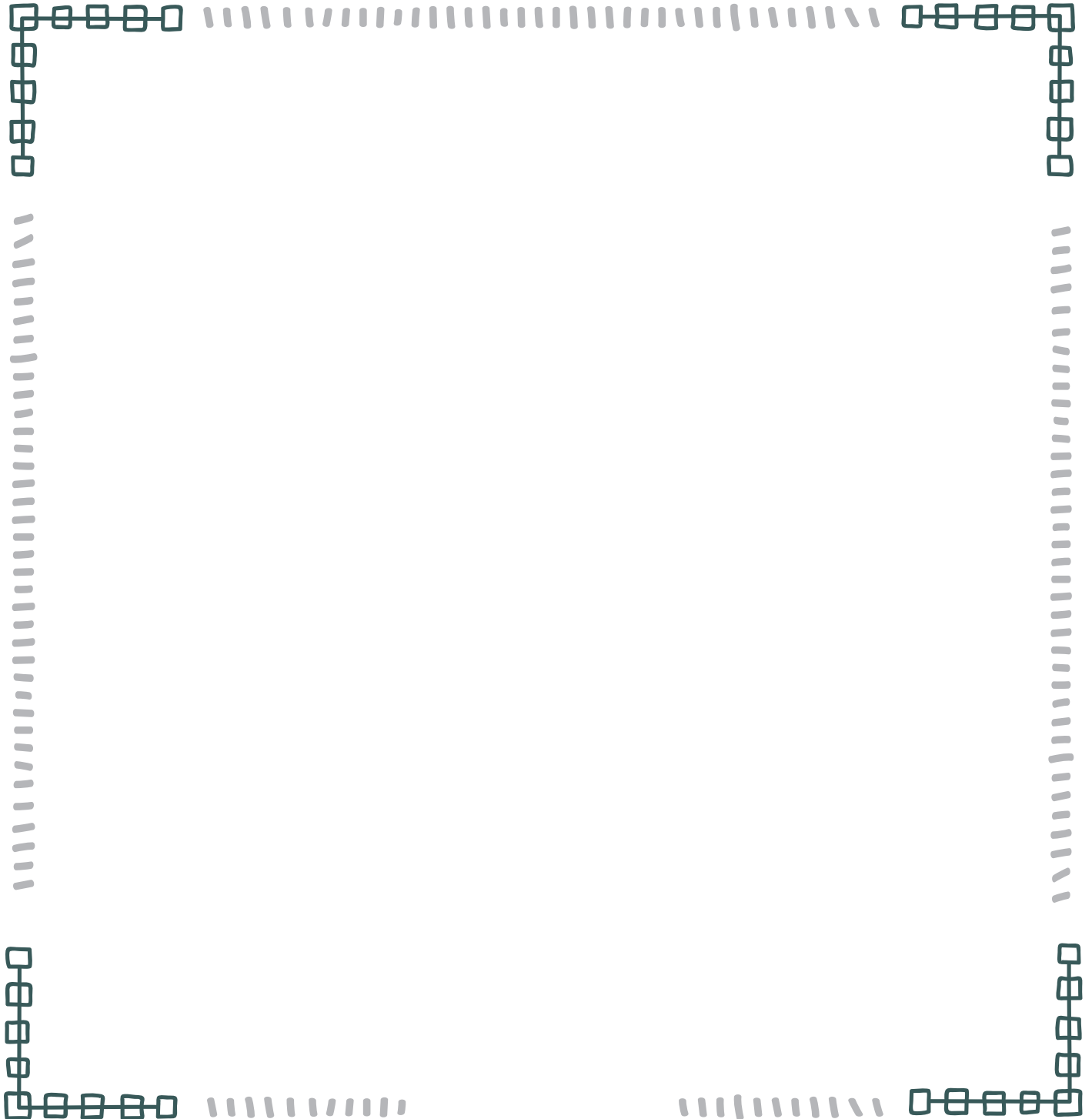
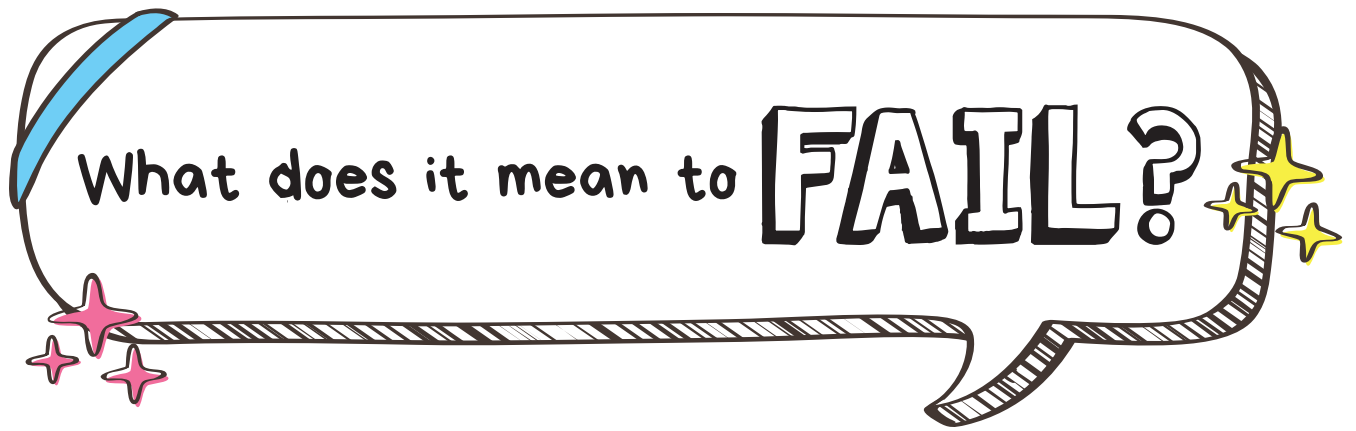


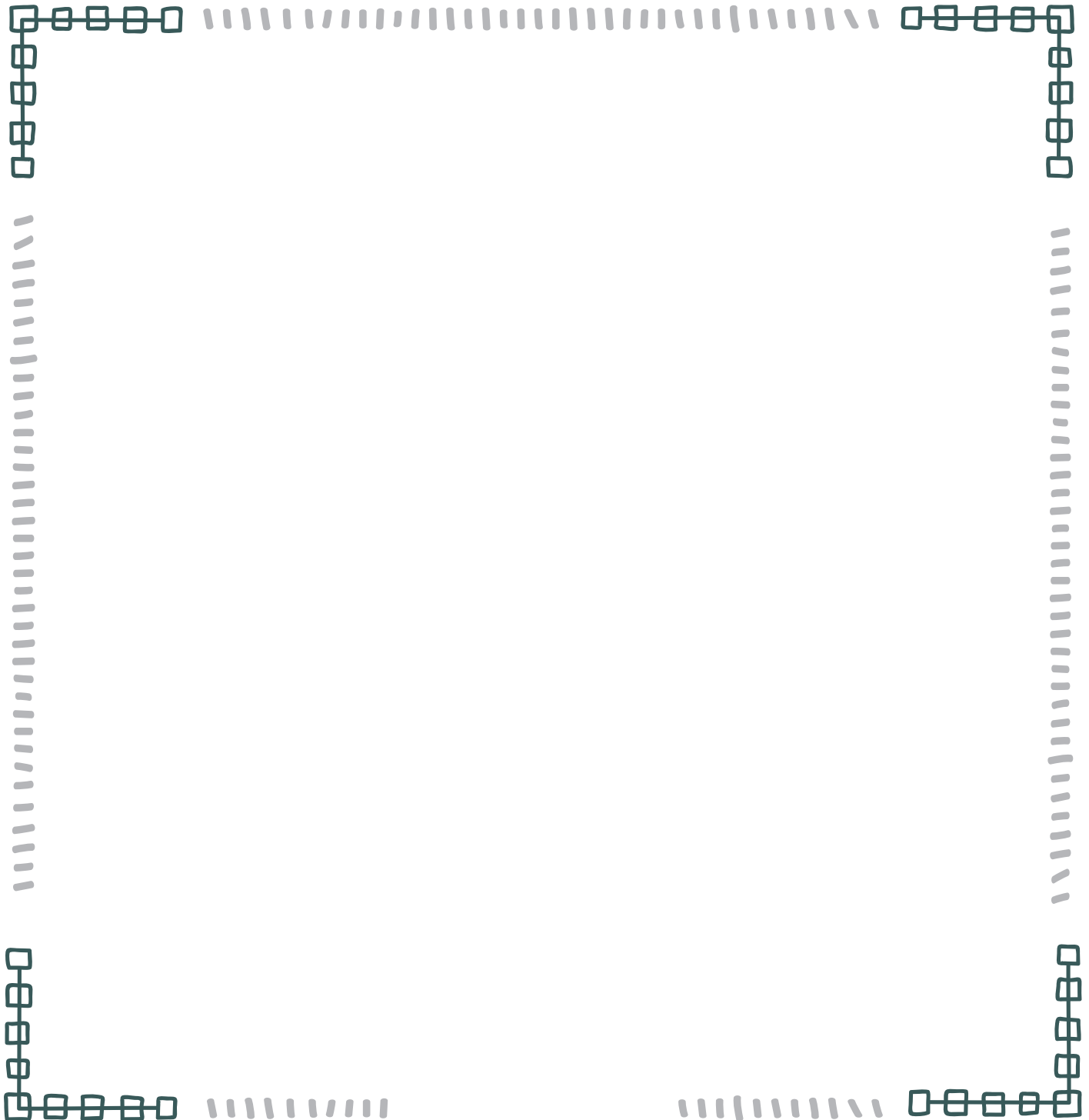
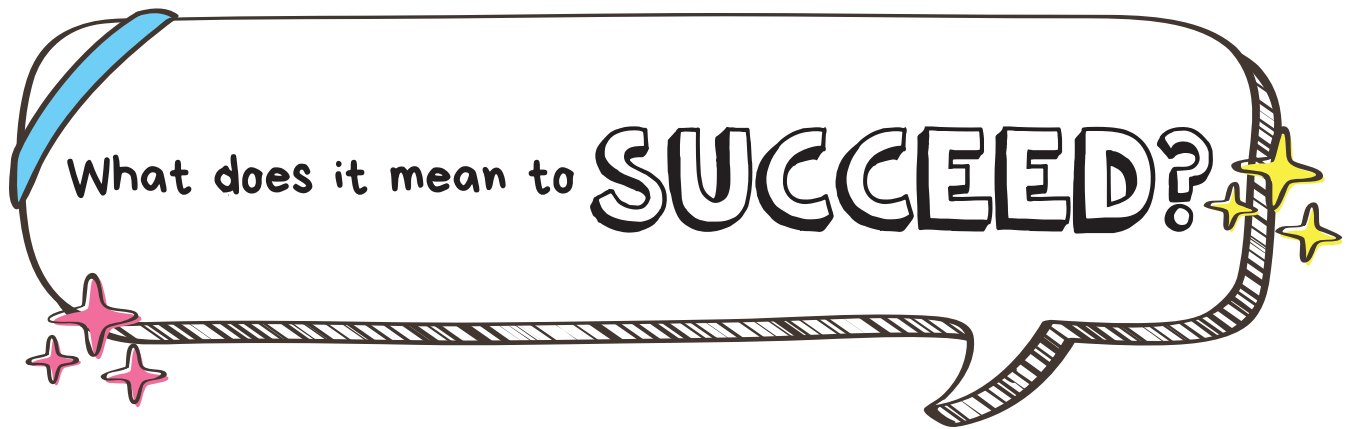
What's something  
that's really easy  
for you now, but  
was hard before?

This is EASY now!

MY STEPS:

What  
steps did  
you take  
to make it  
easier?









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...

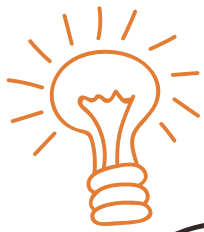
WHAT  
I DO...

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

