

Motivation & Strength

Stayed patient
Solved problems
Asked for help

I handled this before
I got through it
I figured it out

Acknowledge a Personal Strength

Briefly note one skill, quality, or ability you have used before.

Recall a Managed Moment

Think of one situation you have already handled or moved through, even if it was difficult.

Do one thing that moves
you forward.

Choose one small action and do just that.



Take One Purposeful Step

Complete one small, intentional action related to what you are doing now.

Stand or Sit Near a Supportive Anchor

Position yourself near something that feels stable or meaningful (a wall, chair, object, or person).