

GoZen!

CHALLENGE

JOURNAL

This journal belongs to:

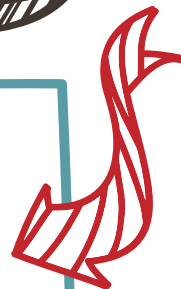


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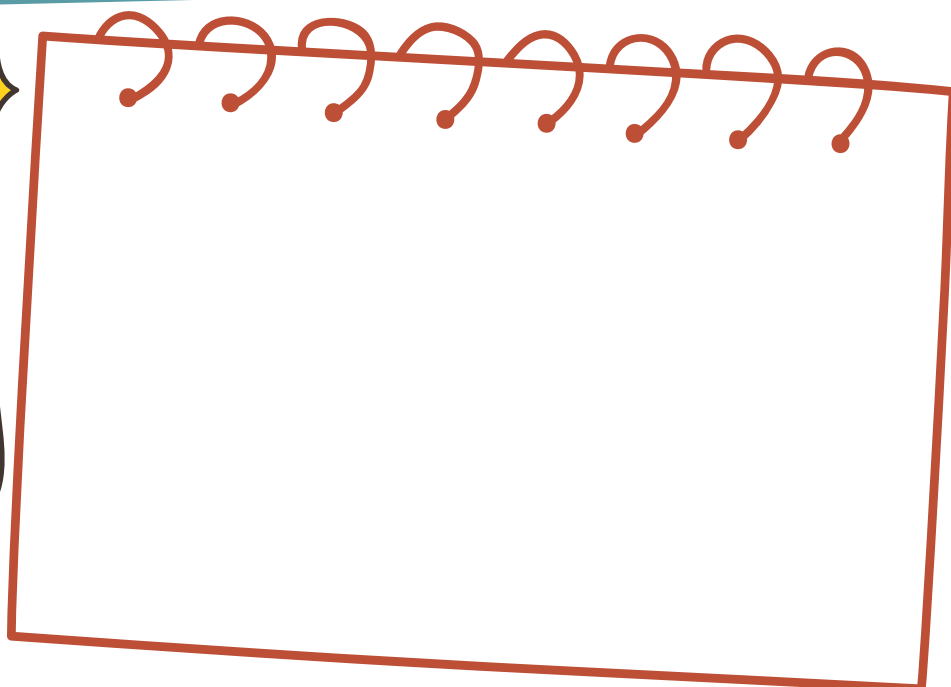


What's the #1 challenge
you're facing right now?

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?



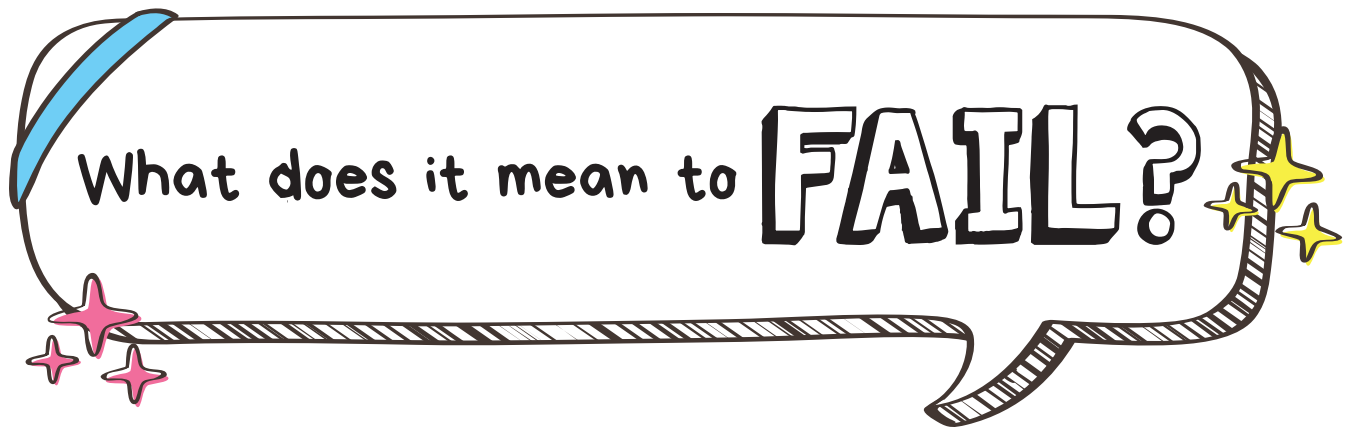


What's something
that's really easy
for you now, but
was hard before?

This is EASY now!

MY STEPS:

What
steps did
you take
to make it
easier?



A large rectangular area for writing, framed by a decorative border. The border consists of a dashed line with small square markers at the corners and midpoints of the sides.

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What does it mean to **SUCCEED?**

A large rectangular area for writing, framed by a decorative border. The border consists of a dashed line with small square markers at the corners and midpoints. The text "What does it mean to SUCCEED?" is written at the top of the page, with "SUCCEED?" in large, bold, black letters. The word "SUCCEED?" is followed by three yellow stars. The word "What" is in a smaller, black font. The word "does" is in a smaller, black font. The word "it" is in a smaller, black font. The word "mean" is in a smaller, black font. The word "to" is in a smaller, black font.



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?

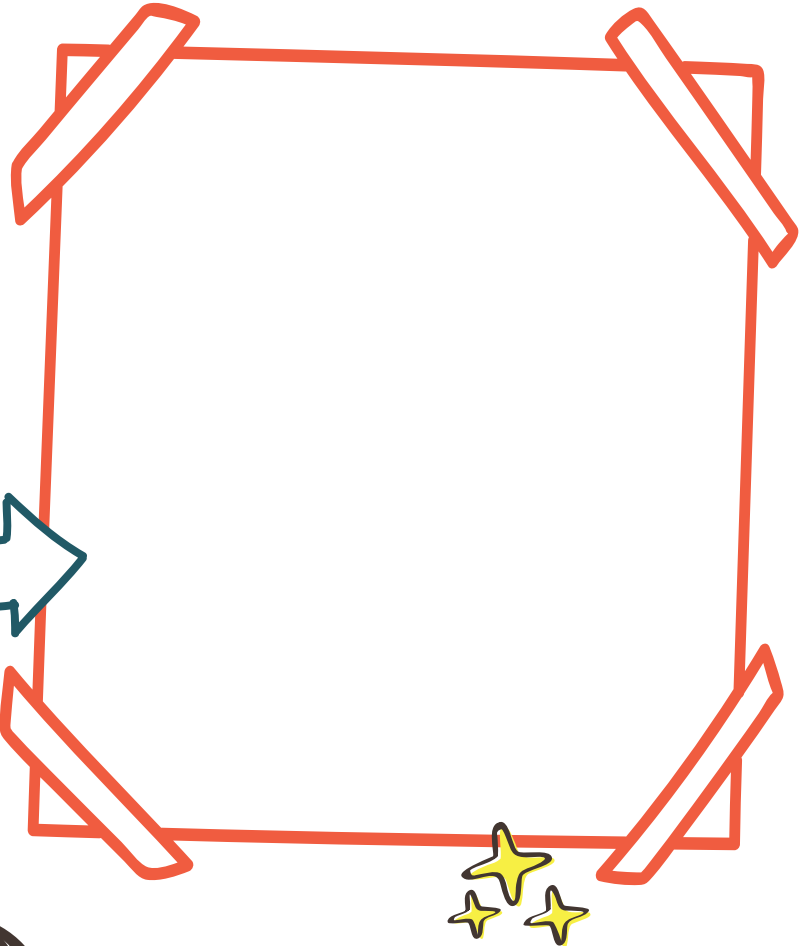
When I'm frustrated:

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...

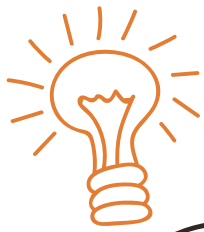


What strategy
can you use to go
from frustrated
to calm?

MY STRATEGY

FOR FRUSTRATION

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?

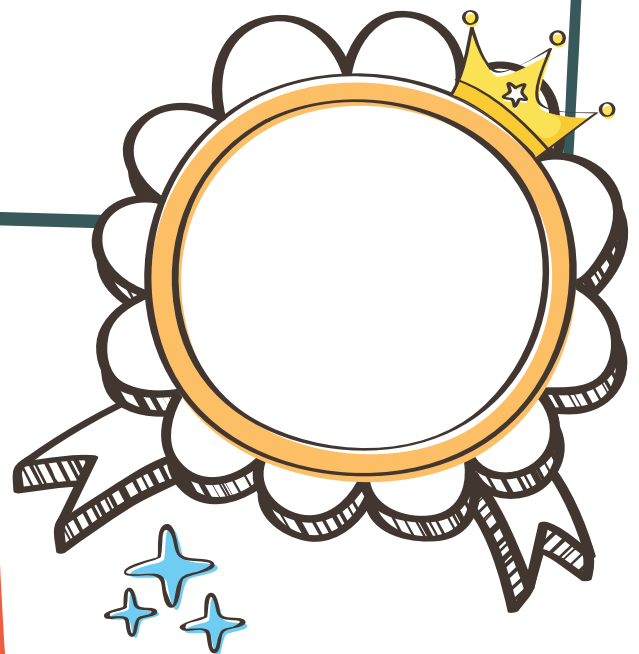


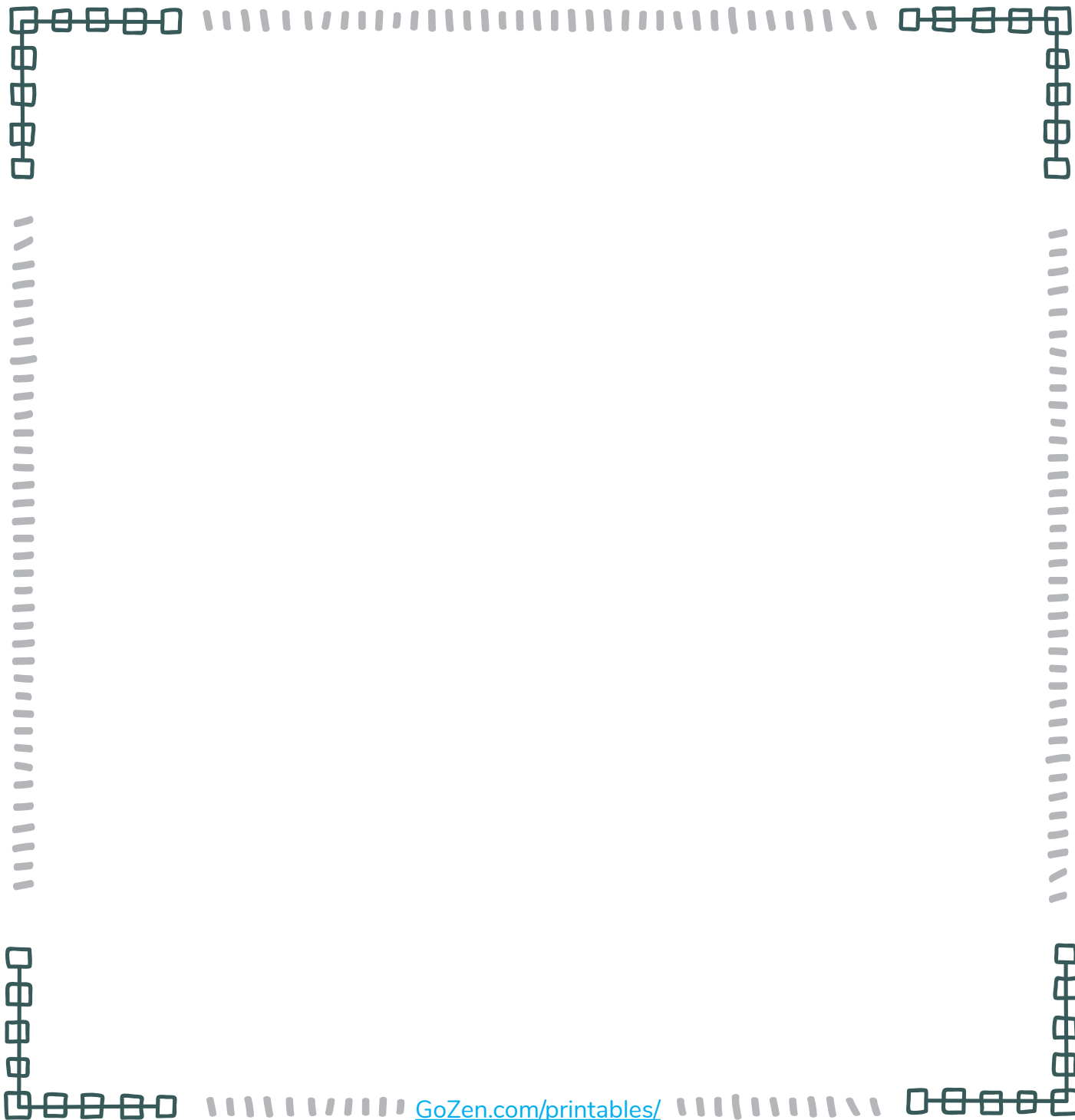
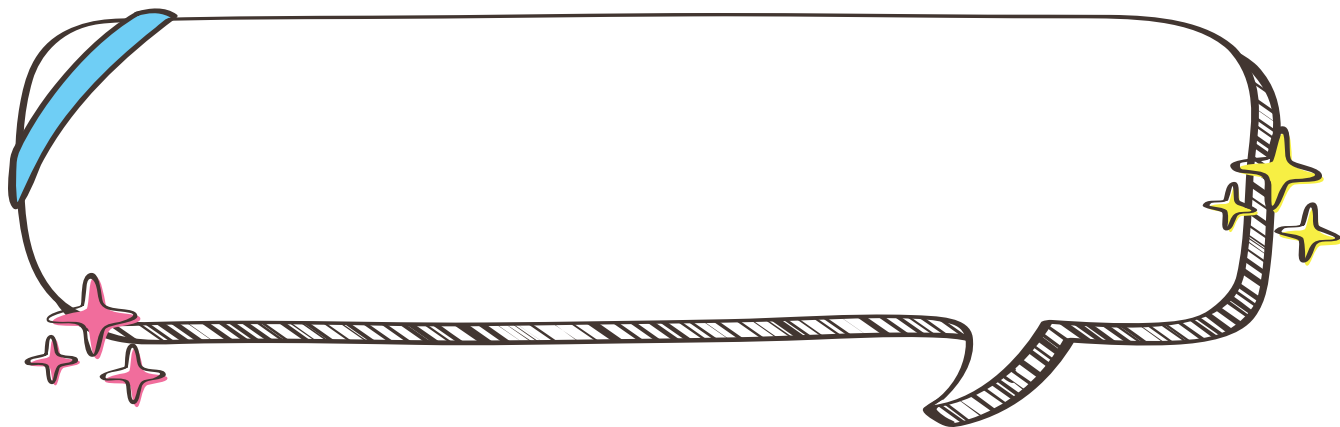
My successes:

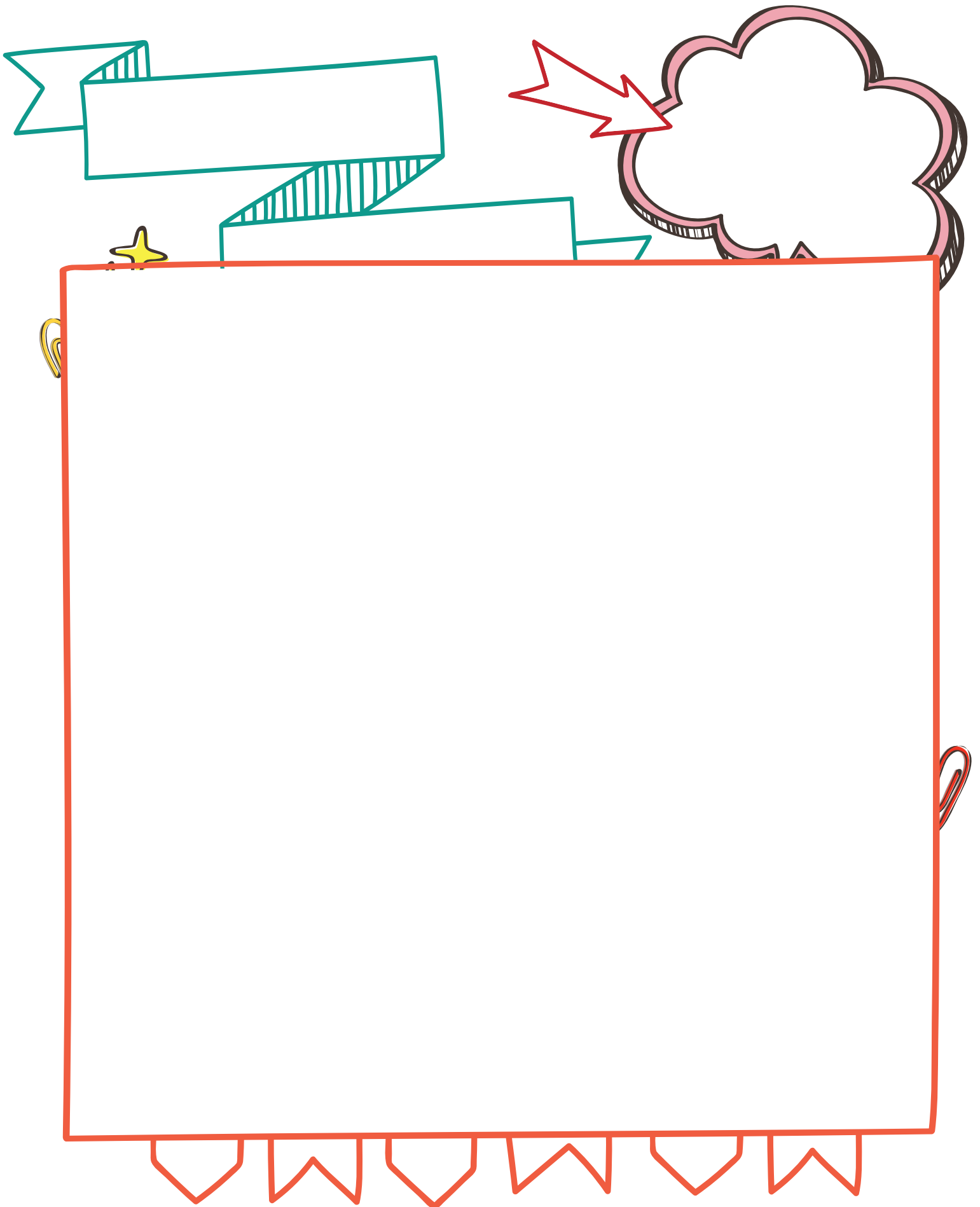
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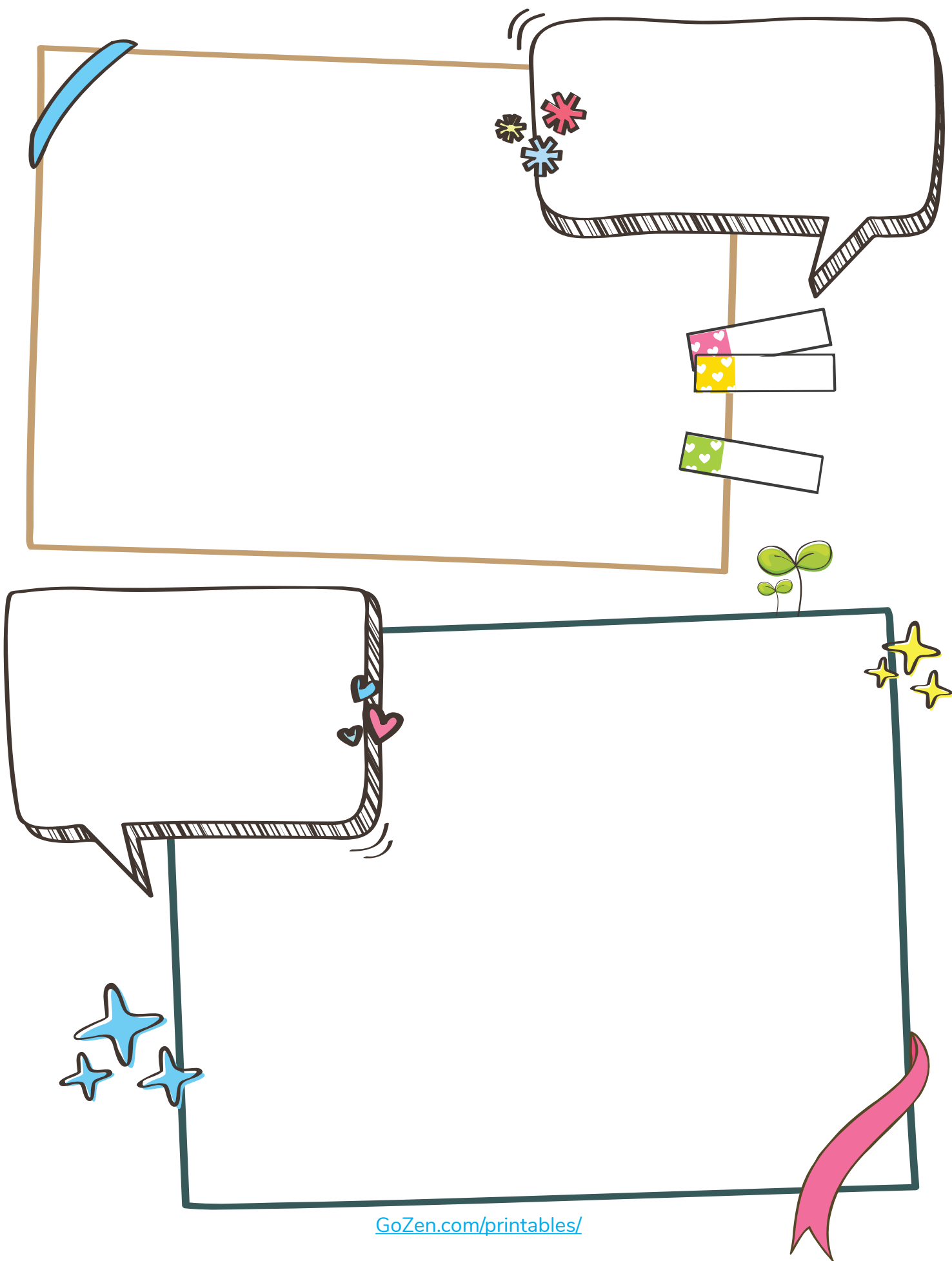
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1. We want to reach as many families, teachers, therapists, kids, tweens, and teens as possible! Please let others know we're sending out printables every week by sharing this page:

<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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