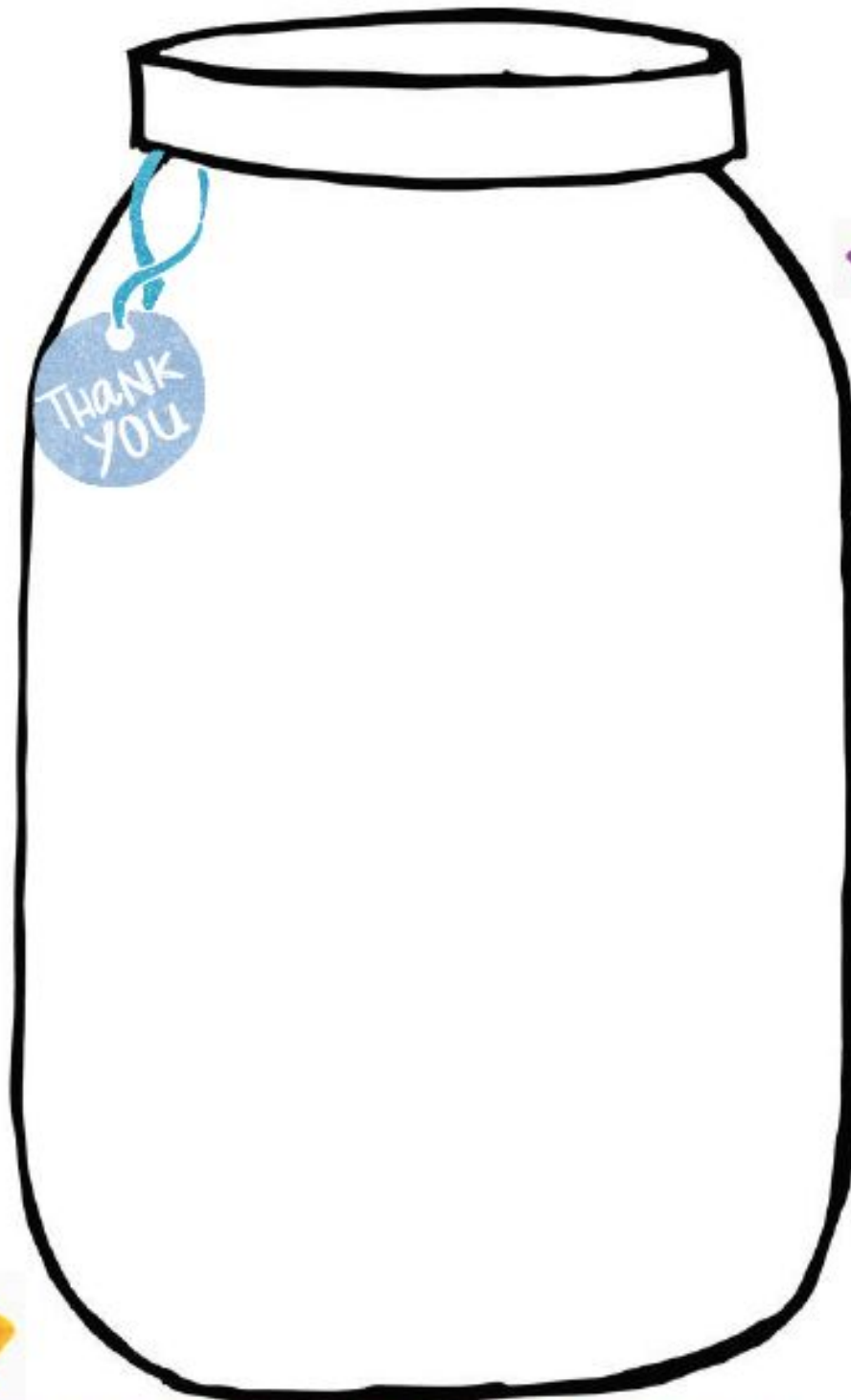


Day 1

My Gratitude Jar

Think about different people, things, and events you are grateful for. Write what and who you are grateful for inside your "Gratitude Jar" below.



YOU-nique!

Being unique means that there are certain things about you that make you stand out!

What are 10 positive things that make you unique and different from everyone else?

This can include your special talents, traits, or experiences that you've had!

1

2

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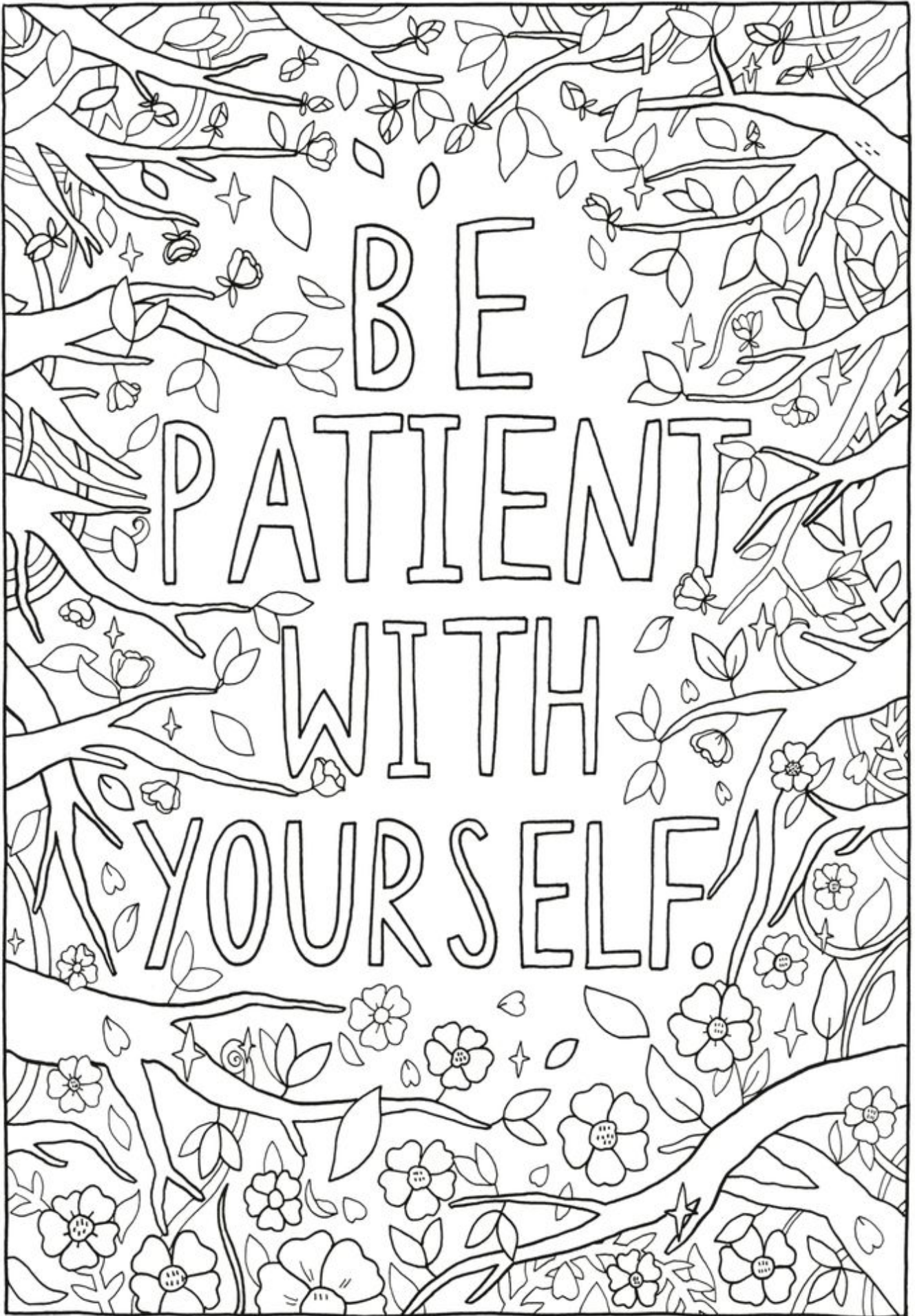
10



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COLOUR ME IN!



Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

TOP 10 TIPS FOR RESILIENCE

R

Remain Positive

Look towards the future, think of what you want from life.

E

Establish Realistic & Achievable Goals

This helps give you focus.

S

Strategies

Plan your coping strategies. Don't be afraid to ask for help.

I

Identify

Identify your strengths and be confident in yourself.

L

Learn from Experience

Learn from experience and move on.

I

Introduce

Introduce a positive way of thinking. Focus on the good things in your life.

E

Enjoy

Make time to do the things you enjoy.

N

Needs

Take care of yourself. Keep healthy and fit.

C

Connect

Build healthy relationships with your family, friends and teachers.

E

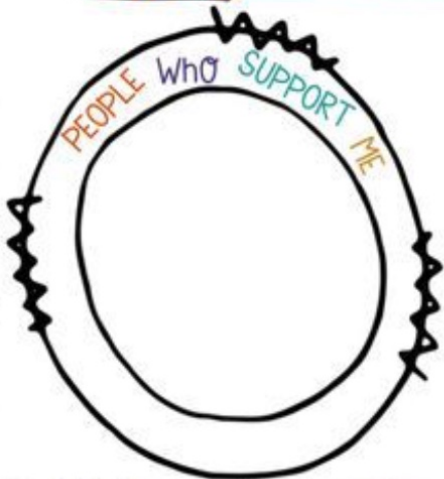
Embrace Change

Don't dwell on the past. Put your energy into the present to shape your future.

My Coping Survival Strategies Guide



...to remind yourself you are not alone

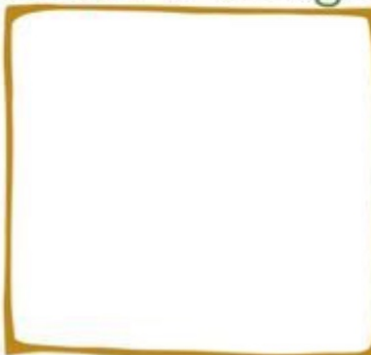


Best Listener and/or Hug-Giver



HUGS=Oxytocin Release, helping us to feel connected & loved

What Makes Me **Smile & Laugh**



...humor is a natural stress reducer

MY TOP 3 COPING TOOLS

#1



#2



#3



Just Breathe

...mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress

Best Ways to **CHILL OUT** & Bring-In the **CALM**

Best Ways to Get MOVING!

...to burn-off stress hormones & pump-in feel-good endorphins



BEST POSITIVE AFFIRMATION

Something **Kind** I Can Say to Myself When Life Gets Tough

What I Can Make **Create, Play or Build**



