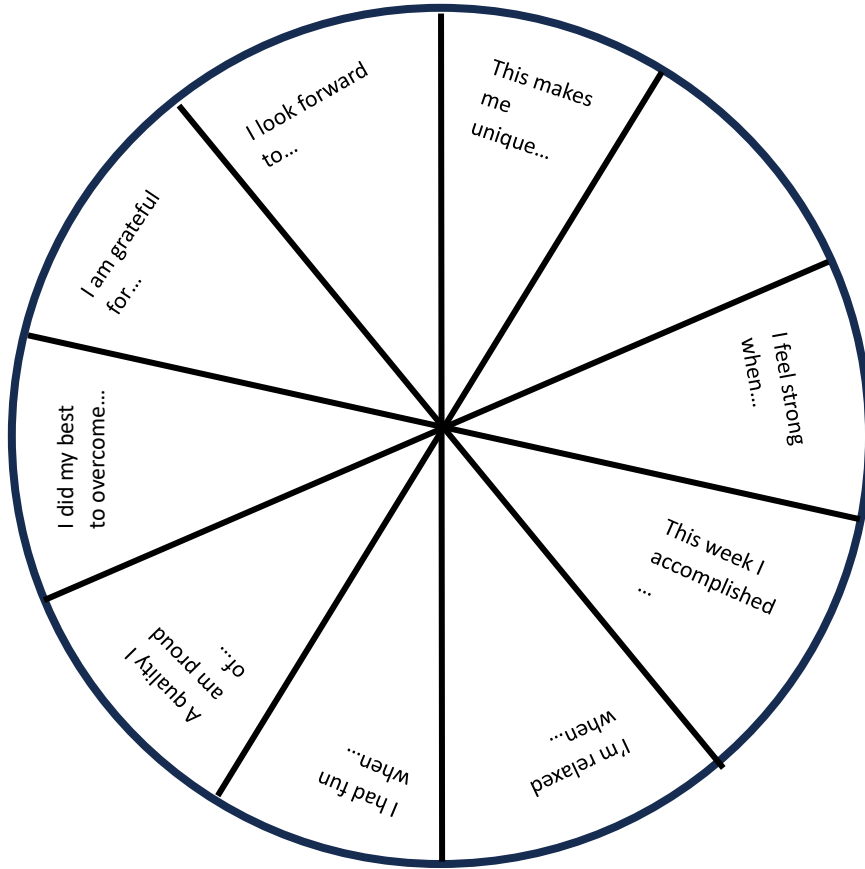


POSITIVE SELF-TALK

WHEEL



RESTA
RESILIENCE SUPPORT TEACHING ASSISTANT

10 MINUTES TO REFLECT ON YOUR DAY

DATE:

Three moments you'd like to remember:

One idea from today you'd like to explore further:

Your initial thoughts:

One of the days triumphs, big or small.

One of the days challenges, big or small.

One thing you learned from your triumph or challenge

Events or news stories out in the world that caught your attention.

How did “the problem” develop?

What made me vulnerable in the first place?

Triggers for the most recent episode

“The problem”

Things that keep “the problem” going
(These might include things that I do to control the problem)

Positive things that I’ve got going for me

POSITIVE SELF-TALK JOURNAL



It felt good when...	I am proud of myself because...	Something that went well today was..
I had fun when...	This makes me unique...	The best part of today was..
I feel strong when...	The best part of today was...	A good quality I am leaning is..
This was interesting today..	Something I am grateful for is..	A way I was kind today..
An accomplishment I made this week was..	I like this about myself...	Something I love about myself is..