

Name: _____ Date: _____

CHANGE YOUR STRATEGY

DEALING WITH HARD SEASONS

In the past week what have you been doing on a daily basis during this hard season?

What are some actions you are noticing in the past few weeks?

How are these actions impacting the way you feel about the season? (avoiding it?)

If you did know what to do at to go through this hard season what are some of those things? And what are some reasons you haven't done them yet?

What kind of actions would the 25 year old version of you recommend to do now and why would they tell you that?

BE BETTER