

# For the challenging times

Thoughts to think *on purpose* when school and life get tough:

- This opportunity might be happening for me. How?
- How is the “worst thing” also the best thing right now?
- How do I want to show up in this situation?
- What emotion can I feel on purpose in this moment? Calm? Grounded? Neutral? I have access to all of these right now.
- Ok, so \_\_\_\_\_ has happened. How can I be more loving toward myself around this situation?
- It’s possible that I am exactly where I need to be.

## Questions for thought downloads:

Take 5-10 minutes and just write. Use these prompts to help you. Keep going. Don’t stop. Ask yourself, “What else” and keep writing.

1. What am I telling myself right now?
2. If I could stop judging myself/beating myself up, what would I tell myself, like a friend?
3. Loving myself right now means...
4. This is the one thought that I tell myself about myself that just isn’t true. What can I tell myself instead?