

Weekly check in

TOP 3 DIFFICULT THINGS THIS WEEK

A 2x6 grid of 12 simple face icons. The top row shows: a wide smile, a slight smile, a neutral expression, a sad face with a tear, a frowny face, and a surprised face with wide eyes and an open mouth. The bottom row shows: a face with heart-shaped eyes, a face with a single eyebrow raised, a face with a wavy mouth, a face with an angry expression and furrowed brows, a face with its tongue sticking out, and a face with a slight frown.

ANT Therapy	
Self Talk Reflection	
Visualizations	
Mentorship	
Other	

