







Motivation/Fuel



tagxedo.com

What Motivates You?



Resilience Assessment Exercise

Rate yourself on these pioneering traits:

- Courage/Risk
- Stress Tolerance
- Grit/Persistence
- Optimism/Faith It Will Work Out
- Independence
- Overall





There's an App for That!

METACOGNITION: "Think about what you think about..."

Moodscope – graph and track your ups and downs
www.moodscope.com

Track Your Happiness – discover personal happiness factors
www.trackyourhappiness.org

Mood Panda – track your mood and the mood of the world
www.moodpanda.com

gottaFeeling – an app to tack and share your feelings
www.gottafeeling.com






